



#kdysonlineclub

Week 3

**A Positive Activity
program for all the family**



Available on all our social media sites!



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videos with the hashtag :**

#kdysonlineclub



KDYS ONLINE CLUB

A Tech Free Time With Family In Your Home

Join KDYS In Taking
Time Out & Getting
Active With Your Family
In A Positive Way.

Follow Our Positive
Activity Program In Your
Home Each Week We will
Suggest New Activities

Share With Us By Posting
Pictures/Videos With
#kdysonlineclub



For More Info Contact Local
Youth Centre

Week 3 Positive Activity Program:

- Cook/Bake A New Recipe
- Play Charades
- Play "Hangman"
- Facetime Family
- Play "The Orange War" Game - Game Rules Attached
- Watch A Movie Together
- Play "Who Am I?"

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"KDYS Online Club"

Positive Activity Sheet Week 3

Game 1: The Orange War

You Will Need:

Oranges - 1 per person
Plastic Spoons

How To:

1. Place the orange on a spoon and give 1 to each player (2 players at a time)
2. The players have to knock off the orange of their opponent without touching them and trying to keep their own orange on their spoon at the same time.
3. when a player loses their orange they are out of the game.
4. Keep repeating the game until all players get a chance to play.
5. Now give an orange & a spoon to each winner and ask them to play for the winning title. the player who has the orange in the spoon until the end WINS!!!

Game 2: Who Am I?

You Will Need:

Sticky Note
Pencil

How To:

1. Write down a famous character or celebrity name on a note
2. Stick the note on one player's forehead so that they cannot see what is on it.
3. The player then asks questions to the group members for which they should only answer yes/no.
4. The player should finally try to guess the character
5. Each player gets a maximum of 3 attempts to guess the name

Mini Sausage Rolls

PREP: 20 MINS

COOK: 25 MINS - 35 MINS

MAKES 20

Ingredients:

- ½ Small Garlic Clove
- Handful Parsley Chopped
- 400g Sausage Meat or Sausages
- 375g Ready-Rolled Puff Pastry
- 1 Beaten Egg (glaze)



Method:

1. Heat oven to 200C or 180C Fan or Gas 6.
2. Crush ½ small garlic clove and a little salt to a paste using the flat of your knife on a chopping board. Mix together with a handful of chopped parsley and stir in 50ml cold water.
3. Place 400g sausage meat in a food processor (if using sausages, peel away the skins), turn on to a high speed, pour the garlic-flavoured water into the mixture, then season with pepper.
4. Unroll ready-rolled puff pastry onto a board and cut in half lengthways.
5. Divide the sausage mixture in two and spread along the length of each pastry strip in a cylinder shape, leaving a 1cm edge.
6. Tightly roll the pastry around the sausage meat and brush the ends with 1 beaten egg to secure.
7. Use a sharp knife to cut each roll into 10 pieces, each about 2.5cm long, and place on a baking sheet.
8. Place in the oven and cook for 25-35 mins until the pastry is puffed and crisp and the meat has cooked through.

Mini Pizza's

COOK TIME: 20 mins

Ingredients:

225g Self-Raising Flour
50g Margarine
150ml Milk

Topping:

1 Tin Chopped Tomatoes
1 Dessertspoonful Tomato Puree
Sliced Pepperoni
Sliced Mushrooms
Dried Mixed Herbs



Method:

1. Preheat oven to 200°C/400°F/Gas 6. Lightly grease two flat baking trays.
2. Sieve the flour into a mixing bowl. Rub in the margarine until mixture looks like fine breadcrumbs.
3. Add the milk and mix to a soft dough. Roll dough on a lightly floured board or table and then divide into 4 equal pieces.
4. Press each piece of dough into a thin 15cms/ 6" round and transfer to the prepared trays.
5. In a small bowl mix the tinned tomatoes and the puree together and spoon over each pizza round, spreading it out evenly to the edges.
6. Then, layer with your favourite toppings (see above).
7. Finally, if liked, sprinkle with mixed herbs.
8. Bake for 15 to 20 minutes, until edges are golden brown.



Chocolate Chip Cookies

PREP: 20 MINS

COOK: 12 MINS

MAKES: 25

Ingredients

225g butter softened

110g caster sugar

275g plain flour

1 tsp cinnamon

75g white or milk chocolate chips (optional)



Method:

Heat the oven to 190C/170C Fan/Gas 5

Cream the butter in a large bowl with a wooden spoon or in a food mixer until it is soft. Add the sugar and keep beating until the mixture is light and fluffy.

Sift in the flour and add the optional ingredients, if you're using them.

Bring the mixture together with your hands in a figure-of-eight motion until it forms a dough.

Roll the dough into walnut-sized balls and place them slightly apart from each other on a baking sheet (you don't need to butter or line it).

Flatten the balls a little with the palm of your hand and bake them in the oven for around 10-12 mins until they are golden brown and slightly firm on top.

Leave the cookies on a cooling rack for around 15 mins before serving.