



# #kdysonlineclub

## Week 5

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



Available on all our social media sites!



**Share with us by posting pictures or  
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 5

#### Positive Activity Program:

- Cook/Bake A New Recipe
- Go For A Walk/Get Fresh Air
- Video Chat With A Friend/Friends
- Play "Hop Scotch" Competition With Family
- Play Basketball "All Around The World" Game Rules Attached
- Play "Push & Pull - Game Rules Attached
- Play "Boom" - Game Rules Attached

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## Blueberry & Oats Smoothie

### Ingredients:

- 2 x Apple**
- 1 x Orange**
- 2 x Bananas**
- 1 x Avocado**
- Blueberries**
- Organic oats**
- Bran Flakes**
- Water**



### Method:

1. Add three tablespoons of oats to a blender, followed by two tablespoons of bran flakes.
2. Dice up and chop up all of the fruits and throw them in on top.
3. Pour in about 2/3rd of a cup of water.
4. Blend right through to a smooth consistency.
5. Add blueberries last if you'd like them to remain in small chunks (they make it more visually appealing if wanting to serve to others).
6. If making them for a special occasion, garnish with some healthy chia seeds or bee pollen (optional).



# Carrot & Apple Muffins

## Ingredients:

- 220g self raising flour
- 30g porridge oats
- 20g desiccated coconut
- 25g raisins
- 3 tsp cinnamon
- 1tsp baking powder
- 1 grated carrot
- 1 grated apple (optional)
- 2 eggs 180ml sunflower oil
- 3tbsp honey/maple syrup



## Method:

1. Preheat the oven to 180 degrees
2. Line a muffin tin with muffin cases
3. Weigh out dry ingredients and mix together in a large mixing bowl
4. Grate the carrot and apple (if using) and add these to the dry ingredients
5. In a separate measuring jug, crack open the egg and lightly beat it
6. Add the sunflower oil and honey to the beaten egg and mix
7. Add this into the dry ingredients, ensuring it is thoroughly mixed through, but don't over mix it
8. Pour into the prepared tin - this mix usually makes 5-6 large muffins or about 10 smaller ones, depending on whatever size you like
9. Bake in the preheated oven for 25 mins or until a skewer comes out clean when inserted into the middle of the muffin
10. Cool on a wire rack for a few mins before digging in

## Coconut & Cinnamon French Toast

### Ingredients:

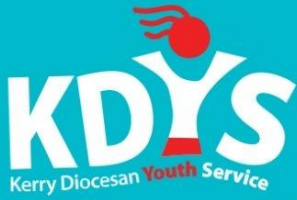
- Irish natural yoghurt
- Coconut milk
- Coconut oil
- 3 x Eggs
- Cinnamon
- 4 x Sliced multigrain brown bread
- 1 x Kiwi
- Banana
- Dried cranberries
- 



### Method:

- Whisk together three eggs, ½ a cup of coconut milk and a tablespoon of cinnamon
- Pour the contents into a bowl and soak a slice of brown bread into the mixture
- Pre-heat the frying pan with half a tablespoon of coconut oil
- Move to medium heat and fry the bread and mixture for roughly two minutes on each side
- Repeat the process for however many slices the mixture allows
- Time to decorate: I like chopping up some banana and kiwi and serving them with some natural yoghurt, bee pollen and dried cranberries alongside the bread





# "KDYS Online Club"

## Positive Activity Sheet Week 5

### Game 1: Push and Pull

#### **You Will Need:**

Newspaper & Elastic Bands

#### **How To:**

1. Players are put into pairs.
2. Each pair is given a newspaper and some elastic bands.
3. Tell them to roll up the newspaper into a tube & secure it with the elastic band to make a skittle.
4. The skittle is then placed on the floor between the two players.
5. Players stand and hold hands across the skittle, then start to pull and push each other to get the other player to knock over the skittle.
6. The winners are the players who can get their opponent to knock over the skittle.

### Game 2: Boom

#### **You Will Need:**

Wrapped Sweets

#### **How To:**

1. Get the players to sit in an audience type setting.
2. Put 7 sweets in a line on the floor visible to each person.
3. Choose 1 player to leave the room while the other players pick one of the sweets to be the "hot" sweet
4. The player returns and one by one must try and pick up as many sweets of the 7 sweets as possible without picking the "hot sweet".
5. Once the "hot" sweet is picked, the group must shout BOOM! as loud as they can,
6. The player only gets to eat the sweets picked before choosing the "hot" sweet
7. If the 1st sweet picked is the "hot" sweet then the player gets nothing!
8. Continue the game by picking a different person each time. Each player will start with seven sweets



# All Around The World

1

2

3

4

5

6

11

7

8

9

10

12

Each player starts at 1 - you only move on when you make the shot  
you keep going until you miss a shot