



#kdysonlineclub

Week 6

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



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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

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Pictures/Videos With
#kdysonlineclub



For More Info Contact Local
Youth Centre

Week 6 Positive Activity Program:

- Cook/Bake A New Recipe
- Play "Obey The Command" - Game Rules In Activity Sheet
- Facetime Family
- Play "Story Words" - Game Rules In Activity Sheet
- Watch A Movie Together
- Play "Head or Hands" - Game Rules In Activity Sheet

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"KDYS Online Club"

Positive Activity Sheet Week 6

Game 1: Obey The Command Before

How To:

1. Arrange players in a circle
2. Tell players you will call out various commands and they must obey them by performing the actions.
3. Call out different commands like: touch your nose, touch your ears, touch your shoulders etc.
4. Explain that this was the easy part, but now the real game begins. Instead of obeying the present command they must now obey the command before. They start by obeying the 1st command when you say the 2nd command, the 2nd when you say the 3rd command and so on.

Game 2: Story Words

How To:

1. Seat the players in a circle.
2. Explain that they will be trying to create a story in an unusual way. Each person, in turn, must say one word to add to the story which will be developing. For example the...cat..went..out..to..eat...etc
3. Begin the story with one word and then invite the players to contribute a word one by one.

Game 3: Head or Hands

What You Need:

A Light Football

How To:

1. Group stands in a circle
2. Player stands in the middle and explains that you will throw the ball to each player at random, saying either head or hands just as you throw it.
3. Players must do the OPPOSITE to your instruction. So if you call heads they will catch it with their hands or if you call hands they must head the ball back to you.
4. Players respond incorrectly they are out, the winner will be the last player standing.



Crunchy Chocolate Cranberrie Cookies

Ingredients

100g pack cashew nuts
140g unsalted butter, at room
temperature, plus extra for greasing
250g plain flour
½ tsp baking powder
200g white caster sugar
100g crunchy cashew nut butter, or
use peanut butter
1 large egg
2 tbsp golden syrup
200g bar chocolate
50g dried cranberries



Method:

1. Heat oven to 180C. Scatter the cashews over a baking tray and toast for 5-7 mins until golden. Cool, then roughly chop.
2. Grease and line 2 baking sheets with parchment. Sift the flour, baking powder and 1/2 tsp salt into a large bowl, then stir in the sugar. Cut the butter into rough cubes, and add this and the nut butter to the bowl. Rub together until the mixture resembles damp breadcrumbs.
3. Work the egg and syrup into the bowl to make a soft dough. Tip in the chocolate, nuts and cranberries (if using), and stir to combine. Try not to overwork the dough at this point.
4. Roll slightly heaped tablespoons of dough into balls and place onto each baking sheet, leaving plenty of room for the cookies to spread. Bake for 12 mins or until golden at the edges and risen in the middle. Let them cool for 5 mins, then move to a rack to cool completely. Repeat until all the dough is shaped and baked. To make ahead, freeze the raw cookies on a baking sheet, then transfer to a freezer bag or box once solid. Bake from frozen, adding 5 mins to the cooking time.



Curly Wurly Brownies

Ingredients

- 1 large Curly Wurly, chopped into small pieces
- 1 sachet Cadbury Highlights Milk Stickpack Hot Chocolate
- 50g self-raising flour
- 2 tbsp cocoa powder
- 3 eggs
- 10g sweetener
- 2 tsp vanilla extract
- 1 tsp salted caramel extract



Method:

1. Mix together the hot chocolate powder, cocoa powder and flour.
2. Add the eggs, the sweetener, the flavouring and 2 teaspoons of water and mix well.
3. Transfer into a lined square baking tray, then top with the chopped Curly Wurly.
4. Bake at 170°C for about 15 minutes. Let cool and cut into 16 squares.



Chocolate Peanut Butter Bars

Ingredients

- 1 cup unsalted butter, melted
- 2 cups animal cracker or vanilla wafer crumbs
- 2 cups icing sugar
- 1 1/2 cups creamy peanut butter

Topping

- 1/4 cup peanut butter
- 10 oz semi-sweet chocolate chopped



Method:

1. In a mixer or a food processor, combine the first four ingredients until smooth. Spread into a 13x9 baking pan.
2. For the topping, melt the chocolate and peanut butter together in the microwave for 1 minute. Stir. If not completely melted you can heat in 10 second intervals until smooth. Spread over the top of the peanut butter layer.
3. Chill dessert in the refrigerator for about an hour, or in the freezer for 15 minutes. Cut into bars and serve.