



# Week 7

## #kdysonlineclub



**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 7 Positive Activity Program:

- Play Our "Word Associatiion" Game - Rules Attached In Activity Sheet
- Play A Board/Card Game
- Cook A New Recipe - Recipe Suggestions on KDYS Social Media
- Play Our "Touch Blue" Game - Rules Attached In Activity Sheet
- Play Our "Ring & String" Game - Rules Attached In Activity Sheet

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# Baked Chicken Nuggets

## Ingredients:

- - 2 Skinless, boneless chicken breasts
- 1 cup panko (Japanese breadcrumbs)
- 1/3 cup parmesan
- Coarse Salt
- 1 Tablespoon Veg Oil
- 1/2 Cup All Purpose Flour
- 3 Large Eggs
- Cooking Spray
- Honey Mustard or Spicy Ketchup



## Method:

1. Preheat oven to 200 degrees. Cut chicken into 2-inch pieces. Spread panko on a rimmed baking sheet and bake until golden brown, 6 to 8 minutes. Transfer to a shallow dish, then add Parmesan and 1/2 teaspoon salt; drizzle with oil and stir to combine.
2. Place flour and eggs in separate shallow dishes. Increase temperature to 450 degrees.
3. Set a wire rack in a rimmed baking sheet; lightly coat rack with cooking spray. In batches, coat chicken in flour, shaking off excess, dip in egg, then coat with panko, pressing to adhere. Place on rack.
4. Bake until chicken is cooked through, 12 minutes, flipping halfway through. Serve nuggets with sauce.



# "KDYS Online Club"

## Positive Activity Sheet Week 7

### Game 1: Word Association

#### How To:

1. Arrange the group in a circle formation.
2. Explain to the group that you will say a word and the player next to you must say a word related to that word.
3. The 3rd player says a word related to the 2nd player's word and so on around the circle.
4. Players in the circle might say: hand...foot...toe...nail...hammer...carpenter etc

### Game 2: Touch Blue

#### How To:

1. Scatter your group around the play area.
2. Explain to the players that you will call out a colour, an object etc and that they must touch that something on another person.
3. Begin with the command everyone touch blue. Every player must touch something blue on another player.
4. Continue with other directions like: everyone touch a shoe, a bracelet, an ear etc

### Game 3: Ring & String

#### **Materials:**

String & A Ring

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#### **How To:**

1. Arrange group in a circle. Thread the ring onto the string and tie the ends of the string together making a circle to suit the size of the group.
2. Choose a player to stand with eyes closed, in the centre of the circle. While the player in the centre's eyes are closed, the group begins to pass the ring from person to person through the string.
3. The player in the centre shouts now and opens their eyes. Players in the circle must try to keep the location of the ring on the string hidden. Other players should act as if they have the ring.
4. The centre person has 3 guesses to find the location of the ring.
5. Continue the game by choosing a new centre person each time.

# Mini Deep Dish Pizzas

## Ingredients:

- Olive Oil - muffin pan
- 225g Homemade/shop pizza dough (6 pieces)
- Salt & Pepper
- ½ cup shredded mozzarella
- 1 large tomato
- Toppings - pineapple, ham, pepperoni



## Method:

1. Preheat oven to 220 degrees. Lightly brush 6 standard muffin cups with oil. On a lightly floured work surface, roll out each dough piece to a 6-inch round. Fill each cup with 1 round, gently pressing dough into bottom and sides of cup. Season with salt and pepper.
2. Sprinkle each dough cup with 1 tablespoon each cheese and tomato. Add desired toppings and another tablespoon each cheese and tomato. Bake until dough is golden brown and crisp, 12 minutes.
3. Let cool 2 minutes before removing from cups.

# Chocolate Raspberry Dessert

## Ingredients:

- 6 chocolate digestive biscuits (McVite's)
- 250g mascarpone cheese
- 4 tablespoons icing sugar
- 200g fresh or frozen raspberries
- Extra raspberries and grated chocolate to serve



## Method:

1. Place a biscuit, chocolate side up, in 6 small glass serving dishes.
2. Combine mascarpone and icing sugar, stir through raspberries until the raspberries start to break up and the mixture is a lovely pink colour.
3. Spread the raspberry mixture over the biscuits.
4. Refrigerate for two hours before serving.
5. Top with extra raspberries and grated chocolate to serve.