



# Week 8

## #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 8 Positive Activity Program:

- Build An Indoor Fort
- Play A Board/Card Game
- Cook A New Recipe - Recipe Suggestions on KDYS Social Media
- Play Indoor Bowling - Game Rules Attached In Activity Sheet
- Read A Book or Magaxine or Comic Book
- Play Our "Human Pretzel Challenge"

KDYS Listowel (085) 801172  
KDYS Tralee (085) 7599567  
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KDYS Killarney/Cahirsiveen (087) 7801575



## Nutella Cake - 2 Ingredient Cake!

### Ingredients:

4 Large Eggs  
240g Nutella Chocolate Pread



### Method:

1. Preheat oven to 180°C (160°C fan-forced). Line a 20cm round spring-form cake pan with baking paper and set aside.
2. Place eggs into mixing bowl and beat on high speed until the mixture triples in volume. This will take 5-7 minutes.
3. Spoon Nutella into a medium glass bowl and microwave for 15-20 seconds until it is soft.
4. Spoon one third of the egg mixture and fold using a metal spoon to mix in Nutella until entirely combined. Continue with another third of egg mixture and then again until all the egg and Nutella is combined.
5. Spoon mixture into cake pan and bake for 25-30 minutes or until a skewer placed into the centre comes out clean.
6. Cool cake in pan entirely, before removing from pan. Slice and serve.



# "KDYS Online Club"

## Positive Activity Sheet Week 8

### Game 1: Indoor Bowling

#### What You Need:

Flat Floor Space

10 Empty Bottles or Cans

Tape

Marker

Paint

1. Using the tape create a bowling lane.
2. Peel off the wrappers of the bottles/cans and paint them, allow to dry.
3. Arrange the bottles at the end of the lane. Arrange like in a bowling alley form or on top of each other like a pyramid.
4. Each player takes a turn trying to knowck the pins. Keep score and add up to see who wins.

### Game 2: Human Pretzel Challenge \_

#### How To:

1. Ask all the players to stand in a circle. Each player has to grab the hands of another player, except for the players stading on either side.
2. Now everyone has to try and untwist themselves in such a way that they end up making a circle.



# Jam Drops

## Ingredients:

- 6 tbs butter
- 1/2 cup sugar
- 1 egg
- 1/2 tsp vanilla essence
- 1 3/4 cups self-raising flour (sifted)
- 1 pinch salt
- 1/2 cup raspberry jam



## Method:

- 1. Preheat oven to 180°C (160°C fan-forced). Cover 2 baking sheets with baking paper and set aside. Cream the butter and sugar together until pale.**
- 2. Add egg and vanilla and beat well.**
- 3. Add flour and salt and mix well.**
- 4. Roll teaspoonful-sized balls of batter and place on the baking tray 2 fingers apart. Using the end of a wooden spoon make a well in the centre of each ball.**
- 5. Fill each indentation with a quarter of a teaspoon of jam. Bake for 10-15 mins.**

## Cake In A Mug

### Ingredients:

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- 4 tbs self-raising flour
- 2 tbs sugar
- 2 tbs cocoa
- 1 egg
- 3 tbs milk
- 3 tbs vegetable oil
- 1/2 tsp vanilla essence
- 1 tbs milk chocolate chips



### Method

1. In a large mug, place all the dry ingredients and mix well with a spoon. Use the spoon to grind all of the cocoa against the side of the cup so there are no lumps.
2. Add the egg and beat it a little on top of the dry ingredients to break the yolk.
3. Add the oil, milk and vanilla and mix until well combined.
4. Stir the chocolate chips in and put into the microwave on high for 3 minutes.
5. Serve with a nice big scoop of ice-cream.