



Week 11

#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 11 Positive Activity Program:

- **Play A Board/Card Game**
- **Cook A New Recipe - Recipe Suggestions on KDYS Social Media**
- **Play "Balloon Blow" -Game Rules Attached In Activity Sheet**
- **Read A Book or Magaxine or Comic Book**
- **Play "Wacky Duck" -Game Rules Attached In Activity Sheet**
- **Go for A Walk/Run**

KDYS Listowel (085) 8011172
KDYS Tralee (085) 7599567
KDYS Castleisland (085) 8729488
KDYS Killarney/Cahirsiveen (087) 7801575

Macaroons

Ingredients:

500 g desiccated coconut
1 tin sweetened condensed milk



Method:

1. Preheat oven to 180°C (160°C fan-forced). Line a baking tray with baking paper and set aside.
2. In a bowl, combine the coconut and sweetened condensed milk.
3. Drop tablespoon-sized balls of the mixture onto the baking tray.
4. Place into the oven and bake for 10-12 minutes or until lightly golden



"KDYS Online Club"

Positive Activity Sheet Week 11

Game 1: Balloon Blow

What You Need:

Balloons (different colours)

1. Divide players into pairs. Each pair has a simple task keep their balloon in the air by only blowing it.
2. Make sure each pair has enough space to avoid bumping into others.
3. The pair that keep their balloon in the air the longest by blowing it are the winners

Game 2: Wacky Duck

How To:

1. Ask players to sit in a circle - the circle must be big enough for a person to go into the centre.
2. The person in the centre you can call him/her "It" is blindfolded and spun around a few times. During this times players in the circle will quickly change their place in the circle.
3. Once everyone is back in the circle the person in the centre "It" will feel the players in the circle with a newspaper or wooden spoon.
4. "It" stops at a person and sits on their lap. The player then quacks like a duck in a silly wacky way and "It" must try to identify the player.
5. If "It" picks the correct player - this player then becomes "It" and must go to the centre of the circle be blindfolded and spun around like before. Players switch their seating position during this time and begin the game again. This can be carried on until everyone gets a turn.

Weet-Bix Slice

Ingredients:

12 Weet-Bix finely crushed
1/4 cup (25g) cocoa powder sifted
3/4 cup (150g) brown sugar
200 g butter melted
1/2 cup (30g) desiccated coconut
1 egg lightly beaten
250 g milk chocolate melted
2 tbs coconut oil (optional)
1 packet Chocolate Freckles you will have leftovers that you can munch away on!



Method

1. Preheat oven to 160 degrees celsius (fan forced).
2. Grease and line a 20cmX20cm square cake tin with baking paper and set aside.
3. Combine the finely crushed Weet-Bix, cocoa powder, brown sugar, melted butter, coconut and egg in a bowl. Mix well.
4. Press mixture firmly into the prepared cake tin.
5. Bake for 15 to 20 minutes or until firm to the touch. Allow to cool.
6. Melt the chocolate and coconut oil (optional) and pour over the top of the slice.
7. Working quickly, place the chocolate Freckles in lines.
8. Allow to set in the fridge for 2 hours before slicing