



Week 12

#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 12 Positive Activity Program:

- Play A Board/Card Game
- Cook A New Recipe - Recipe Suggestions on KDYS Social Media
- Play "Balloon Stomp" -Game Rules Attached In Activity Sheet
- Read A Book or Magaxine or Comic Book
- Play "Stack Em Up" -Game Rules Attached In Activity Sheet
- Go for A Walk/Run

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KDYS Tralee (085) 7599567
KDYS Castleisland (085) 8729488
KDYS Killarney / Cahirsiveen (087) 7801573



"KDYS Online Club"

Positive Activity Sheet Week 12

Game 1: Balloon Stomp

What You Need:

Balloons (different colours)
String

1. Split the participants into two teams with an equal number of players.
2. Use strings of different colors for each team. Ask players to tie the balloon to their legs with a long string, so that the balloon is not too near.
3. As soon as the moderator says "go", the players must move around quickly and step the other team's balloons, only with their legs.
4. The team that successfully bursts the other team's balloons first, wins.

Game 2: Stack Em' Up

What You Need:

Biscuits

How To:

1. Simple game of stacking and balancing, the player has to bend backward and start stacking the biscuits on their forehead.
2. They have to stack as many as they can balance.
3. If the stack falls off the forehead, the next person gets a chance to try it

Rhubarb & Berry Trifle

Ingredients:

- 8 stalk rhubarb
- 1 cup orange juice (fresh)
- 300 frozen mixed berries
- 2 cup low fat natural yoghurt
- 160 g natural muesli



Method:

1. Place rhubarb and orange juice in small saucepan over medium-high heat. Bring to the boil. Cover and cook for 3 minutes or until soft.
2. Stir in berries, cover and remove from heat. Set aside to cool.
3. Divide rhubarb mixture between two glasses or bowls.
4. Top with yoghurt and muesli to serve.



Nutella Brownies

Ingredients:

Cup Nutella chocolate hazelnut spread
120 g self-raising flour
2 eggs (lightly beaten)



Method:

1. Preheat oven to 180°C (160°C fan-forced). Place 9 silicon cupcake liners on a tray and set aside.
2. Place Nutella, flour and eggs into a bowl.
3. Mix together with a metal spoon until well combined.
4. Fill liners to three-quarters full and bake for 20-25 minutes or until the centres spring back when lightly pressed.