



Week 13

#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 13 Positive Activity Program:

- **Play A Board/Card Game**
- **Cook A New Recipe - Recipe Suggestions on KDYS Social Media**
- **Play "Junk In The Trunk" - Game Rules Attached In Activity Sheet**
- **Read A Book or Magazine or Comic Book**
- **Play "Baby In The Air" -Game Rules Attached In Activity Sheet**
- **Go for A Walk/Run**

**KDYS Listowel (085) 801172
KDYS Tralee (085) 7599567
KDYS Castleisland (085) 8720488
KDYS Killarney/Cahirsiveen (087) 7801575**



"KDYS Online Club"

Positive Activity Sheet Week 13

Game 1: Junk In The Trunk

What You Need:

Empty tissue box,
A belt,
Ping pong balls

1. This is a minute-to-win game that can be played by one person at a time.
2. Put the ping pong balls in the tissue box tied to the belt.
3. Ask player to tie the belt around the waist, such that the box is tied to their back.
4. The players get 1 minute to shake their body and let the balls out of the box.
5. The person who can get all the eight balls out of the box in a minute wins a prize.

Game 2: Baby In The Air

What You Need:

Water Balloons

How To:

1. Fill balloons with water before the game begins.
2. Players arrange themselves in a circle, one person in the center.
3. Allocate a number to every individual.
4. Person in the middle calls out "Baby In the Air, I call number ___." and throws up the water balloon at the same time.
5. The person whose number has been called out has to be quick enough to move to the middle and catch the "baby" from falling to the ground.
6. Whoever drops the balloon is out.



Frosted Lemonade

Ingredients:

1 cup Fresh Squeezed Lemon Juice
1/2 cup Sugar
2 1/2 cups Water
Vanilla Ice Cream



Method:

Add lemon juice & sugar to pitcher.

If you are using bottled lemon juice, increase amount to 1 1/2 cups.

Stir until sugar is dissolved. Add water & stir until well mixed.

Refrigerate at least 1 hour to chill.

Add 1 cup chilled lemonade & 2 cups (about 4 scoops) ice cream to blender.

Pour into cup & garnish with lemon slice.

Peanut Butter Chocolate Pretzel Sandwich

Ingredients:

- 2 tablespoon butter (softened)
- 1 cup creamy peanut butter
- 3/4 cup powdered sugar
- 3/4 cup brown sugar
- 1 bag mini pretzels
- 1 bag semi-sweet chocolate chips or any chocolate for melting



Method

1. Combine softened butter & peanut butter in a bowl - be sure to mix well.
2. Add the sugars & mix again. Add more of both sugars if needed until you get a texture you can roll into balls without being sticky.
3. Form small balls of the peanut butter mixture.
4. Place each ball between two pretzels, pressing slightly.
5. Place pretzel sandwiches on a sheet pan & put in freezer/fridge for 20-30 minutes.
6. Melt chocolate right before the pretzel sandwiches are done cooling.
7. Dip each pretzel sandwich halfway into the melted chocolate & place on a sheet pan lined with wax paper to cool.
8. When finished, place the sandwiches in the freezer/fridge for 15 minutes to completely set.