



# Week 14

## #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 14 Positive Activity Program:**

- Play A Board/Card Game
- Cook A New Recipe - Recipe Suggestions on KDYS Social Media
- Play "Medusa" -Game Rules Attached In Activity Sheet
- Read A Book or Magazine or Comic Book
- Play "Sleeping Beauty" -Game Rules Attached In Activity Sheet
- Go for A Walk/Run

KDYS Listowel (085) 8011172  
KDYS Tralee (085) 7599567  
KDYS Castlesland (085) 8729488  
KDYS Killarney/Cahirsiveen (087) 7801573

## ***Giant Oreo Bar***

### **Ingredients:**

- 450g chocolate sandwich cookies
- 225g soft cheese
- 100g unsalted butter, softened
- 275g icing sugar, sifted
- 1 tsp vanilla extract
- 1 to 2 tbsp milk
- 250g milk chocolate, melted
- 20g white chocolate, melted



### **Method:**

1. Blend the sandwich cookies in a food processor. Add the soft cheese & blend until smooth. Separate the mixture into 3 even portions.
2. For the buttercream, whip the butter until pale & fluffy. Add the icing sugar until fully incorporated, beating well between each addition. Add the vanilla extract & milk and beat well. Separate the buttercream into 2 even portions.
3. Line a loaf tin with cling film. Spread a layer of biscuit mixture, then a layer of cream. Repeat until the mixtures are used up, finishing with the biscuit mixture. Top with a layer of melted milk chocolate & refrigerate for about 15 minutes.
4. Remove the bar from the tin and place on a wire rack. Cover with the remaining milk chocolate & let dry completely. To decorate, drizzle with white chocolate.



# "KDYS Online Club"

## Positive Activity Sheet Week 14

### Game 1: Medusa

#### How To Play:

1. The players have to stand in a circle with their arms around their neighbours' shoulders.
2. Initially, players keep their heads bowed.
3. On the count of three the players have to look up at another player.
4. If two people find themselves looking at each other, they instantly scream and drop to the floor.
5. The game continues until there are only two people left.

### Game 2: Sleeping Beauty

#### How To Play:

1. Sleeping beauty is all about resilience and not giving in – but that's the fun of it.
2. Each player will take turns to be sleeping beauty – they will lie down on the floor as if in deep slumber and must not move, talk, or even flinch.
3. The rest of the players should try to wake the beauty up and make her or him laugh without touching.
4. Players can say all kinds of silly things to wake up the beauty, which makes this game so much fun!

# ***Morning Glory Muffins***

## **Ingredients:**

- 125mL Tropicana® Pure Premium Orange Juice
- 250 mL each all purpose and whole wheat flour
- 250 mL packed brown sugar
- 1 1/2 tsp ground cinnamon
- 1 1/2 tsp baking powder
- 1 tsp baking soda
- 1/2 tsp salt
- 2 eggs
- 125 mL milk
- 75 mL vegetable oil
- 250 mL grated carrots
- 1 banana, mashed
- 125 mL raisins
- 75 mL pumpkin seeds, divided



## **Method:**

1. Preheat oven to 375°F (190°C). Line 12 muffin cups with paper liners or grease well.

2. In separate bowl, whisk together all-purpose flour, whole wheat flour, brown sugar, cinnamon, baking powder, baking soda and salt. In separate bowl, whisk together orange juice, eggs, milk and vegetable oil; pour over flour mixture. Add carrots, banana, raisins and 60 mL pumpkin seeds; stir together just until moistened

3. Spoon evenly into prepared muffin cups. Sprinkle evenly with remaining pumpkin seeds. Bake for about 20 minutes or until firm and tester inserted into centre comes out clean. Let cool for 5 minutes in pan. Transfer to rack; let cool completely.