



# Week 15

## #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 15 Positive Activity Program:**

- Play A Board/Card Game
- Cook A New Recipe - Recipe Suggestions on KDYS Social Media
- Play "Taste The Rainbow" - Game Rules Attached In Activity Sheet
- Read A Book or Magazine or Comic Book
- Play "Gummy Bear Challenge" -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

# Caramel Cake

## Ingredients:

225g softened salted butter  
125g golden caster sugar  
100g light brown sugar  
1 tsp vanilla extract  
4 large eggs  
225g self raising flour  
2 tbsp milktoffee, chocolate or caramel  
pieces, to decorate

## For the icing:

200g softened  
salted butter  
400g icing sugar  
70g caramel sauce



## Method:

1. Heat the oven to 180C/160C fan/gas 4. Butter two 20cm springform tins and line the bases with baking parchment.
2. Beat the butter and both sugars in a bowl with an electric whisk for a few mins until lighter in colour and fluffy.
3. Add the vanilla and the eggs, one at a time, adding a spoonful of flour and beating in between each egg. Add the remaining flour and milk.
4. Divide between the cake tins and bake for 25-30 mins until they're golden, spring back when pressed, and a skewer comes out clean when inserted into the middle.
5. Cool in the tins for a few mins, then tip out and leave to cool completely on a wire rack.
6. Meanwhile, for the icing, put the butter and icing sugar in a bowl and whisk for a few mins until light and airy. Whisk in the caramel briefly, adding 1 tbsp of boiling water to loosen, if needed.
7. Set aside until the sponges are completely cool before assembling, or the icing will melt.



# "KDYS Online Club"

## Positive Activity Sheet Week 15

### Game 1: Taste The Rainbow

#### What You Need:

Skittles & Straws

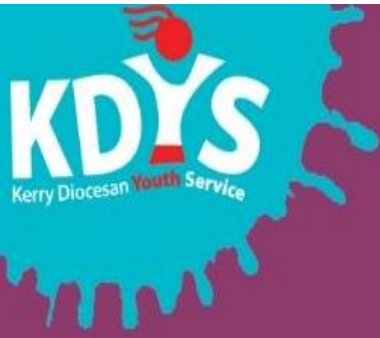
#### How To Play:

1. Pour all the skittles into a big bowl and arm all your friends with drinking straws and a cup to collect their skittles in.
2. On the start of they all must try and collect as many skittles as they can into their cups, but they CANT touch them with their hands.
3. They must suck them onto their straws and transport the skittles to their cups without dropping them.
4. Have their cups lined up at another table to make the challenge harder (and funnier). After the game everyone can eat their winnings!

### Game 2: Gummy Bear Challenge

#### How To Play:

1. Players have their hands behind their back. Place 10 gummy bears in the bottom of each pie tin and cover with whip cream.
2. On the start of go everyone dives in to get their gummy bears out as fast as possible -No hand allowed!
3. The first person to retrieve all their gummy bears wins!
4. Make sure you have a camera, because you're going to want to get lots of pics.



# Double Chocolate Cupcakes

## Ingredients:

- 125g plain flour
- 25g cocoa powder
- 1 tsp baking powder
- 1 large egg
- 60g caster sugar
- 2 tbsp vegetable oil
- 100ml whole milk
- 50g chocolate chips
- 100g icing sugar



## Method:

1. Heat the oven to 180C/160C fan/gas 4. Line a muffin tin with six muffin cases.
2. Sieve the flour, cocoa and baking powder into a medium bowl.
3. Mix together the egg, sugar, oil and milk together in a jug, then gradually pour into the dry ingredients (add chocolate chips now to make double chocolate muffins, if you like) and mix until combined.
4. Spoon the mixture evenly into the cake cases and bake for 20-25 mins until a skewer inserted into the middle comes out clean.
5. Remove from the oven and leave to cool.
6. Meanwhile, gradually mix  $\frac{1}{2}$ -1 tbsp water into the icing sugar until you have a loose consistency that's not too runny.
7. Drizzle the icing over the muffins once cool.