



#kdysonlineclub

Week 4

**A Positive Activity
program for all the family**



Available on all our social media sites!



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#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 4 Positive Activity Program:

- Cook/Bake A New Recipe
- Play A Board/Card Game
- Play Pictionary - Game Rules Attached
- Turn Up the Music & Play Musical Chairs
- Play "Sock Toss" - Game Rules Attached
- Play "Follow the Leader" - Game Rules Attached

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Frozen Chocolate Treat's

Ingredients:

- 3 Medium Bananas
- 1 Cup Dark Chocolate Chips
- 2 Tsp Butter
- Toppings: chopped peanuts, toasted shredded coconut/sprinkles



Method:

1. Cut each banana crosswise into 6 pieces (about 1 in.). Insert a toothpick into each piece; transfer to a waxedpaper-lined baking sheet. Freeze until completely firm, about 1 hour.
2. In a microwave, melt chocolate and shortening; stir until smooth. Dip banana pieces in chocolate mixture; allow excess to drip off. Dip in toppings as desired; return to baking sheet. Freeze at least 30 minutes before serving.

Notes:

To toast coconut, bake in a shallow pan in a 350° oven for 5-10 minutes or cook in a skillet over low heat until golden brown, stirring occasionally.



"KDYS Online Club"

Positive Activity Sheet

Week 4

Game 1: Pictionary.

You Will Need:

Paper & Marker/pencil

How To:

1. Write down different words on pieces of paper and drop them in the bowl
2. Ask your child to pick up the pieces and draw it on the board without telling you what it is. Alternately, you can draw, and he can guess

Game 2: Sock Toss

You Will Need:

Socks & Bucket

How To:

1. Roll up the socks into little ball and tie them
2. Place the bucket in one place and ask your child to move a few steps away from it
3. You can then take turns to throw the sock balls into the bucket. Move further away from the bucket after each turn

Game 3: Follow the Leader

You Will Need:

Space to play

How To:

Select different themes for the game. It could be physical activity or gestures

You can be the leader or give each child a chance to be the leader

All the players will have to mimic what the leader does, jumping, dancing, laughing, etc

Gluten Free Banana Bread

COOK TIME: 45-50 mins

Ingredients:

- 300g Gluten Free Self-Raising Flour
- Pinch of Bread Soda
- 75g Butter or Margarine (room temperature)
- 150g Caster Sugar
- 2 Eggs, beaten
- 4 Medium Bananas, mashed
- 80g Chopped Walnuts



Method:

1. Preheat oven to 180°C/350°F/Gas 4. Grease and base line a 2lb loaf tin.
2. Beat butter/margarine and sugar together. Add eggs and bananas and beat well.
3. Mix in flour and bread soda, then stir in walnuts.
4. Bake in preheated oven for approx 45-50 minutes until firm and well risen.
5. Leave in tin for 5 minutes then remove and cool on a wire tray.

Fluffy Pancakes

PREP: 25 MINS

COOK: 30MINS

SERVES: 4

Ingredients:

200g Self-Raising Flour
1 ½ tsp Baking Powder
1 tbsp Caster Sugar
3 large Eggs
25g Melted Butter
200ml Milk
Vegetable oil (cooking)



Method:

1. Mix the flour, baking powder, caster sugar and a pinch of salt together in a large bowl. Create a well in the centre with the back of your spoon then add the eggs, melted butter and milk. Whisk together until smooth then pour into a jug.
2. Heat a small knob of butter and 1 tsp of oil in a large, non-stick frying pan over a medium heat. When the butter looks frothy pour in rounds of the batter, approximately 8cm wide.
3. Cook the pancakes on their first side for about 1-2 mins or until lots of tiny bubbles start to appear and pop on the surface. Flip the pancakes over and cook for a further minute on the other side.
3. Serve your pancakes stacked up on a plate with a drizzle of maple syrup and any of your favourite toppings.