



Week 10

#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 10 Positive Activity Program:

- **Play A Board/Card Game**
- **Cook A New Recipe - Recipe Suggestions on KDYS Social Media**
- **Play "Relay The Candy" -Game Rules Attached In Activity Sheet**
- **Read A Book or Magaxine or Comic Book**
- **Play "Pick Up The Cotton Ball" -Game Rules Attached In Activity Sheet**
- **Go for A Walk/Run**

**KDYS Listowel (085) 801172
KDYS Tralee (085) 7599367
KDYS Castleisland (085) 8729488
KDYS Killarney/Cahirsiveen (087) 7801575**

No Bake Chocolate Peanut Butter Squares

Ingredients:

210g digestive biscuit crumbs
330g icing sugar
260g peanut butter
225g butter, melted
340g plain chocolate, chopped



Method:

- 1. Grease and line a 20x20x5cm square cake tin**
- 2. Add digestive biscuit crumbs, icing sugar, peanut butter and melted butter and mix.**
- 3. Press down the base into the cake tin.**
- 4. Transfer to fridge to chill.**
- 5. Melt plain chocolate over a double boiler, stirring occasionally.**
- 6. Spread melted chocolate over the chilled base.**
- 7. Transfer to fridge to chill for at least an hour**
- 8. Remove from the fridge and cut into slices.**



"KDYS Online Club"

Positive Activity Sheet Week 10

Game 1: Relay The Candy

What You Need:

Polo Sweets

Toothpicks

1. Split the players into even groups. Each player is given a sweet and a toothpick.
2. One player from each team begins the game by putting the toothpick into their mouth and tries to pick up a sweet with it. Once the player get sthe sweet the next team member does the same.
3. Set a time and the team that picks up all the sweets fastest is the winner.

Game 2: Balloon Hitter

What You Need:

Cotton Balls

A Spatula

A Blindfold

A Pan

How To:

1. Put the cotton balls and the pan on then table. Blindfold the players and give them the spatula.
2. Player has to try and pick up the cotton ball with the spatula and put them into the pan.
3. Set a time and the player that gets the most cotton balls into the pan is the winner.

Giant Twix Bar

Ingredients:

300g milk or dark chocolate, melted

For the biscuit:

120g butter, soft

60g caster sugar

180g flour

1 tsp baking powder

1 pinch salt

For the caramel:

100g butter

100g sugar

400g sweetened condensed milk (1 can)

2 tbsp golden syrup



Method:

1. Heat oven to 180°C. Cream the butter and sugar. Add the flour, baking powder, salt and combine. Spread the dough in a square tin lined with parchment paper.
2. Bake for 25 minutes, let cool in the tin for 15 minutes then remove from tin and let cool completely. Cut into 2 rectangles to fit the size of a loaf tin.
3. Make the caramel: place all the ingredients in a small saucepan, melt over medium to low heat. Turn the heat slightly up and bring to a boil, stirring constantly so it doesn't burn for at least 10 minutes. When it gets to a toffee colour, remove from the heat and let cool.
4. Place a sheet of thick paper inside a loaf tin to create a round shape. Cover with parchment paper and pour some chocolate to create a thin layer on all sides. Refrigerate.
5. To assemble the bar, pour the caramel into the loaf tin, then place the two rectangular biscuits, pressing down slightly. Pour a thin layer of melted chocolate and let cool slightly. Fold the parchment paper and place in the freezer for one hour.
6. After an hour, remove the bar from the tin and place on two ramekins over a tray, the side with the chocolate down. Pour some melted chocolate and let cool completely before serving.