



**Final week!!**

**#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 18 Positive Activity Program:**

- **Play A Board/Card Game**
- **Cook A New Recipe - Recipe Suggestions on KDYS Social Media**
- **Play "Speed Stacker" -Game Rules Attached In Activity Sheet**
- **Read A Book or Magazine or Comic Book**
- **Play "How's It Hangin" -Game Rules Attached In Activity Sheet**
- **Go for A Walk/Run**

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KDYS Tralee (085) 7599567  
KDYS Castleisland (085) 8729488  
KDYS Killarney/Cahirsiveen (087) 7801573**

# Chocolate Fudge Cupcakes

## Ingredients:

200g butter  
200g plain chocolate,  
under 70% cocoa solids  
200g brown sugar  
2 eggs  
1 tsp vanilla extract  
250g self-raising flour  
Smarties, sweets and sprinkles

## For the icing:

200g plain chocolate  
100ml double cream,  
50g icing sugar



## Method:

1. Heat oven to 160C/140C fan/gas 3 and line a 12-hole muffin tin with cases. Gently melt the butter, chocolate, sugar and 100ml hot water together in a large saucepan, stirring occasionally, then set aside to cool a little while you weigh the other ingredients. Stir the eggs and vanilla into the chocolate mixture.
2. Put the flour into a large mixing bowl, then stir in the chocolate mixture until smooth. Spoon into cases until just over three-quarters full (you may have a little mixture leftover), then set aside for 5 mins before putting on a low shelf in the oven and baking for 20-22 mins.
3. Leave to cool. For the icing, melt the chocolate in a heatproof bowl over a pan of barely simmering water. Once melted, turn off the heat, stir in the double cream and sift in the icing sugar. When spreadable, top each cake with some and decorate with your favourite sprinkles and sweets.



# "KDYS Online Club"

## Positive Activity Sheet Week 18

### Game 1: How's it Hangin

#### What You Need:

Hula Hoop/Piece String/Orange/Banana

#### How To Play:

1. This is a minute-to-win game played by one player at a time.
2. Tie the string with the banana to the front of the jeans or trousers of the person. Adjust the chain's or string's length such that the banana touches the ground.
3. Put the orange at one end of the room and the hula hoop at the other.
4. The player has to move the orange into the hula hoop with the help of the banana, within a minute.
5. The player who manages to get the fruit into the circle wins a prize.

### Game 2: Speed Stacker

#### What You Need:

Party Cups

#### How To Play:

1. Players get a minute each to stack as many cups as they can in under a minute.
2. The player with the highest number of cups stacked is the winner.

# Easy Iced Buns

## Ingredients:

500g white bread mix  
100g caster sugar  
1 egg  
350g icing sugars  
prinkles (plus food colouring, if you like)



## Method:

1. Pulse together the bread mix and sugar in a food processor or table-top mixer. While the motor is running, add the egg and about 250-300ml lukewarm water, until a soft dough is formed. Knead on a lightly floured surface until smooth, about 5-10 mins.
2. Leave in an oiled bowl, covered with oiled cling film, in a warm place until doubled in size – about 1 hr. Knock back dough by squashing with your fist, and divide into 20 even-sized pieces – keep covered with a clean tea towel so they don't dry out. Shape each into a sausage and place on an oiled baking tray.
3. Cover with oiled cling film and rise until doubled in size again. Heat oven to 200C/180C fan/gas 6. Remove film and cook buns on top shelf for 8-10 mins, until golden. Cool on a wire rack. To decorate, mix icing sugar with a little water until stiff but spreadable – add food colouring, if you like. Dip in the top of each bun and scatter with sprinkles.