

# **Roscrea Youth Service Kickback Youth Café Group Activity Pack 2020**

NAME \_\_\_\_\_

GROUP NAME \_\_\_\_\_



**Kickback Youth Café**

Rosemary Street • Roscrea • Co Tipperary



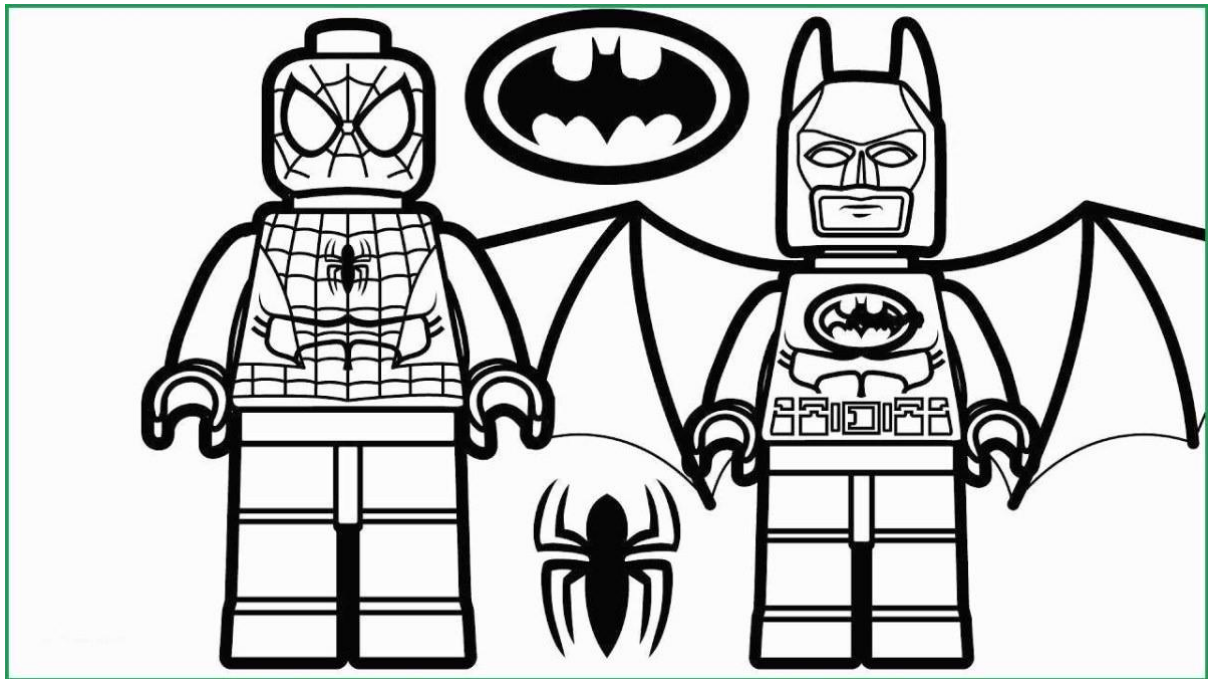
## KICKBACK YOUTH CAFE WORDSEARCH

P	I	Q	P	Y	C	S	D	E	F	Q	I	N	H	J	D	A
L	J	Z	O	H	Y	O	U	T	H	C	U	H	T	K	F	S
F	O	S	O	P	B	W	F	W	F	A	T	Y	I	L	H	T
D	J	M	L	O	K	E	H	S	G	F	Y	U	P	O	J	R
O	H	O	T	L	I	D	T	A	T	E	U	I	P	I	M	A
Q	D	O	G	K	C	B	A	N	A	N	A	O	E	U	N	W
K	T	T	H	U	K	T	U	J	U	N	I	O	R	B	G	B
P	G	H	J	J	B	U	J	C	H	D	Y	P	A	Y	A	E
M	Y	I	M	H	A	J	H	V	J	P	H	O	R	U	M	R
I	H	E	K	G	C	J	U	N	I	O	R	A	Y	N	E	R
N	O	S	L	W	K	T	H	P	U	M	G	U	G	O	S	I
I	J	H	M	S	A	G	J	O	I	A	F	U	N	T	B	E
A	R	O	S	C	R	E	A	I	K	I	F	R	F	R	V	S
R	S	T	Y	T	R	H	R	I	V	R	R	D	D	E	C	P
T	E	G	F	R	F	N	T	K	C	E	D	C	O	N	O	R
S	V	N	R	V	G	B	K	J	X	A	Q	W	S	W	X	Y
F	U	S	E	B	A	L	L	M	S	D	A	S	A	Q	Z	G

### Words to find

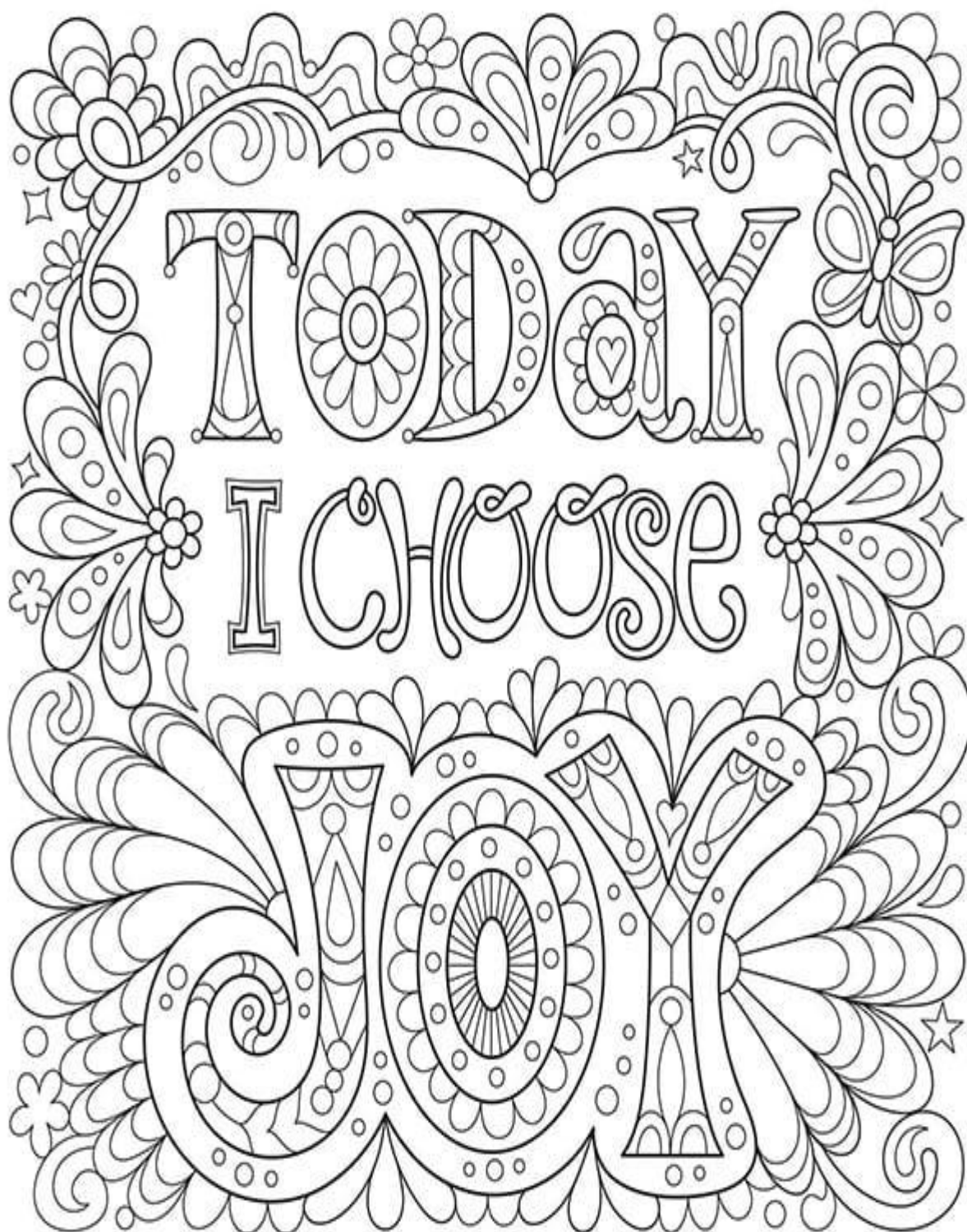
ART	BANANA	CAFÉ	UNO
CONOR	FUN	FUSEBALL	ROSCREA
GAMES	JUNIOR A	JUNIOR B	TIPPERARY
KICKBACK	MAIREAD	MINI ARTS	POOL
YOUTH	SMOOTHIES	STRAWBERRIES	

## COLOURING CHALLENGE



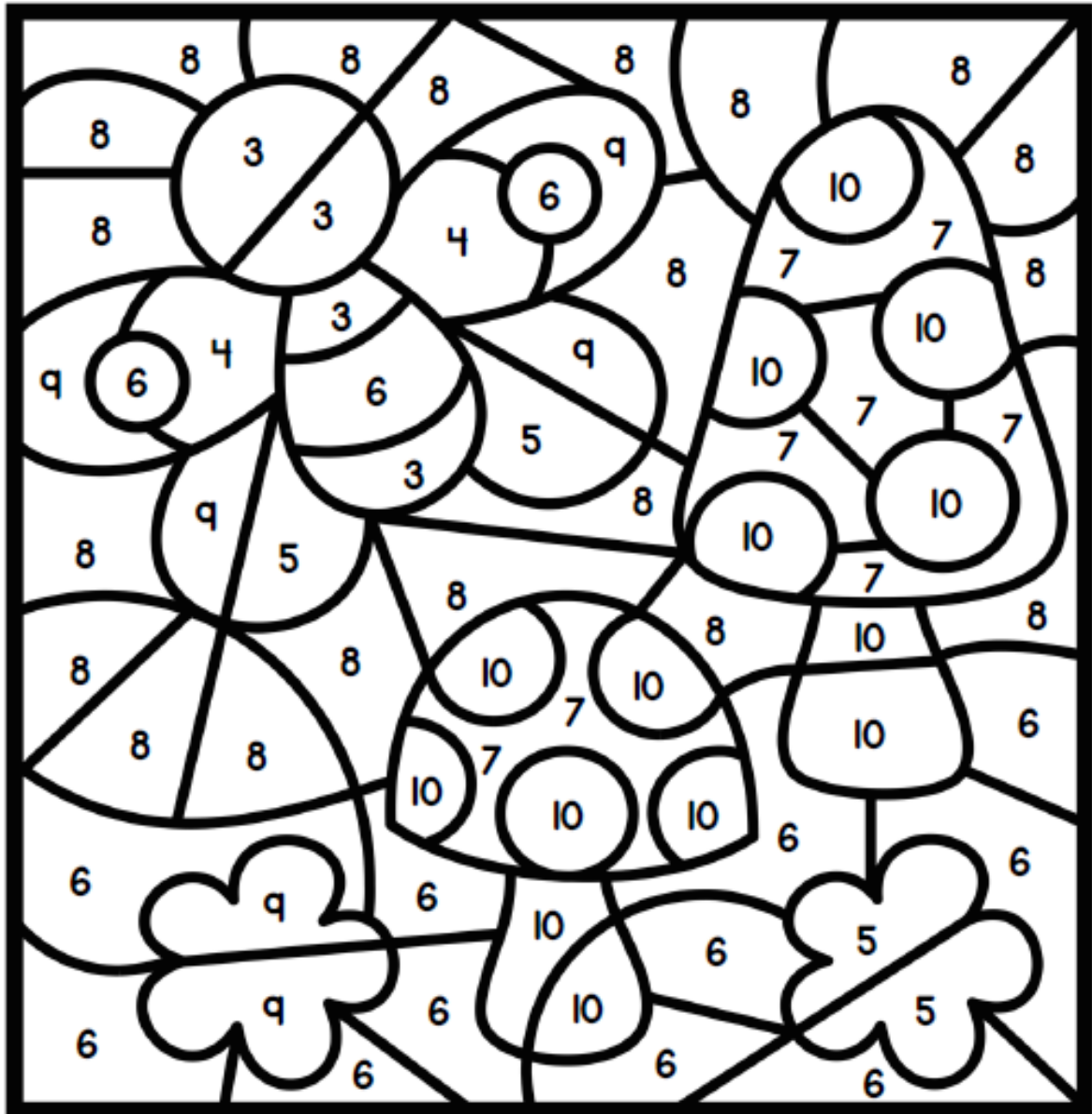
I am  
AWESOME!

## COLOURING CHALLENGE



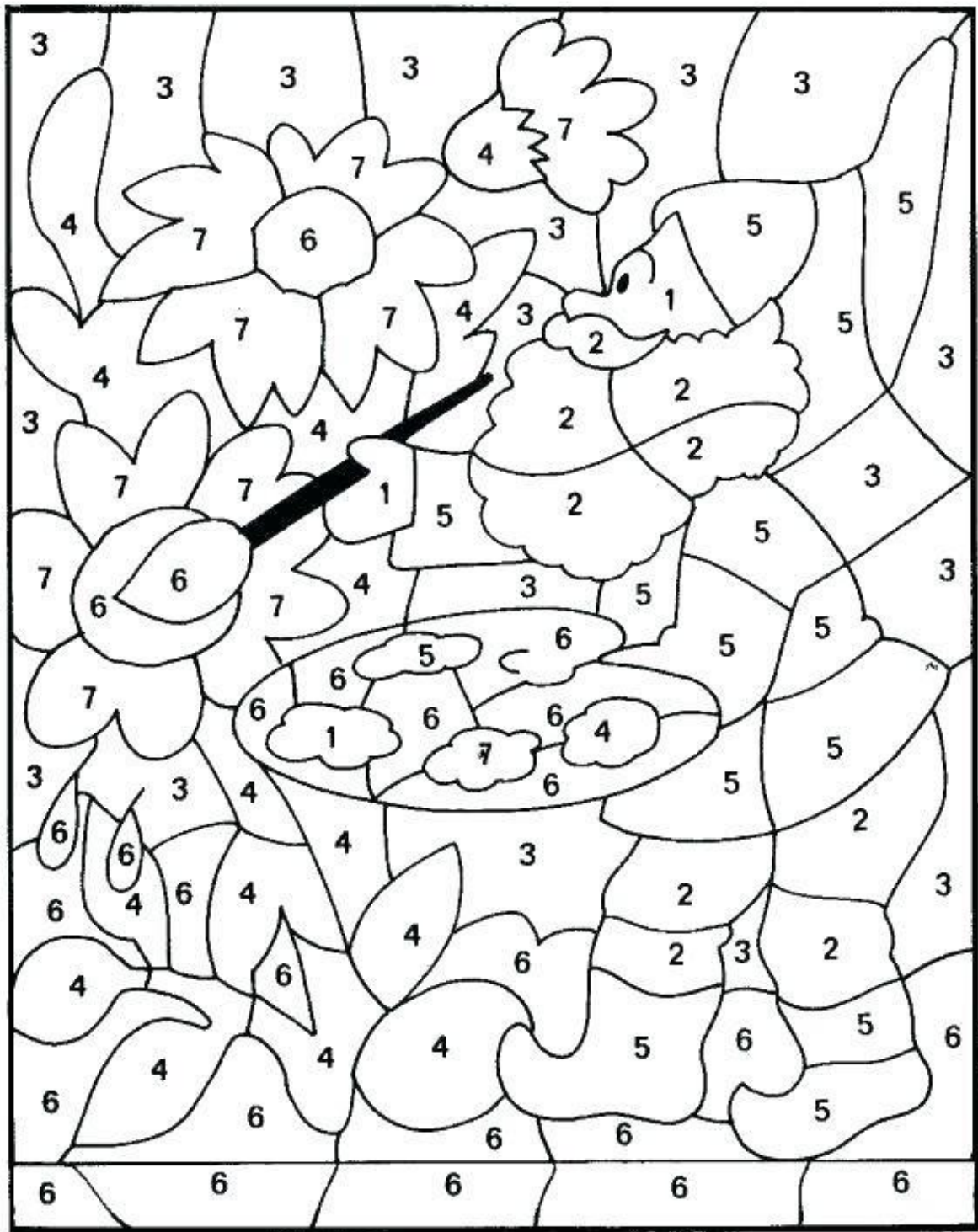


# Spring Day

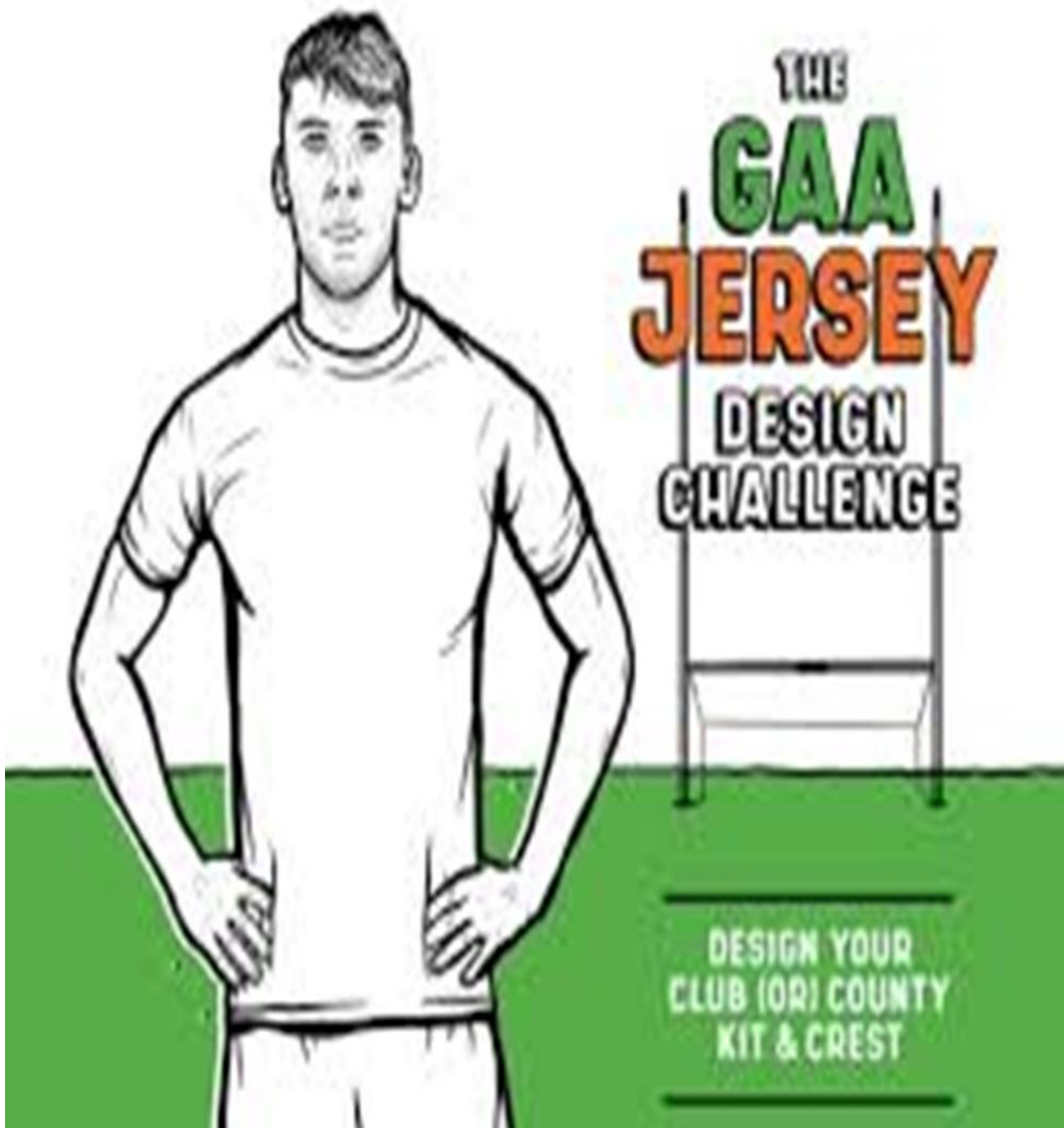


Use the color code to finish the picture!


3 = yellow	4 = orange	5 = pink	6 = green
7 = red	8 = blue	9 = purple	10 = white



1-pink    2-grey    3-blue    4-green  
 5-red    6-yellow    7-purple



## A HAPPY MOMENT

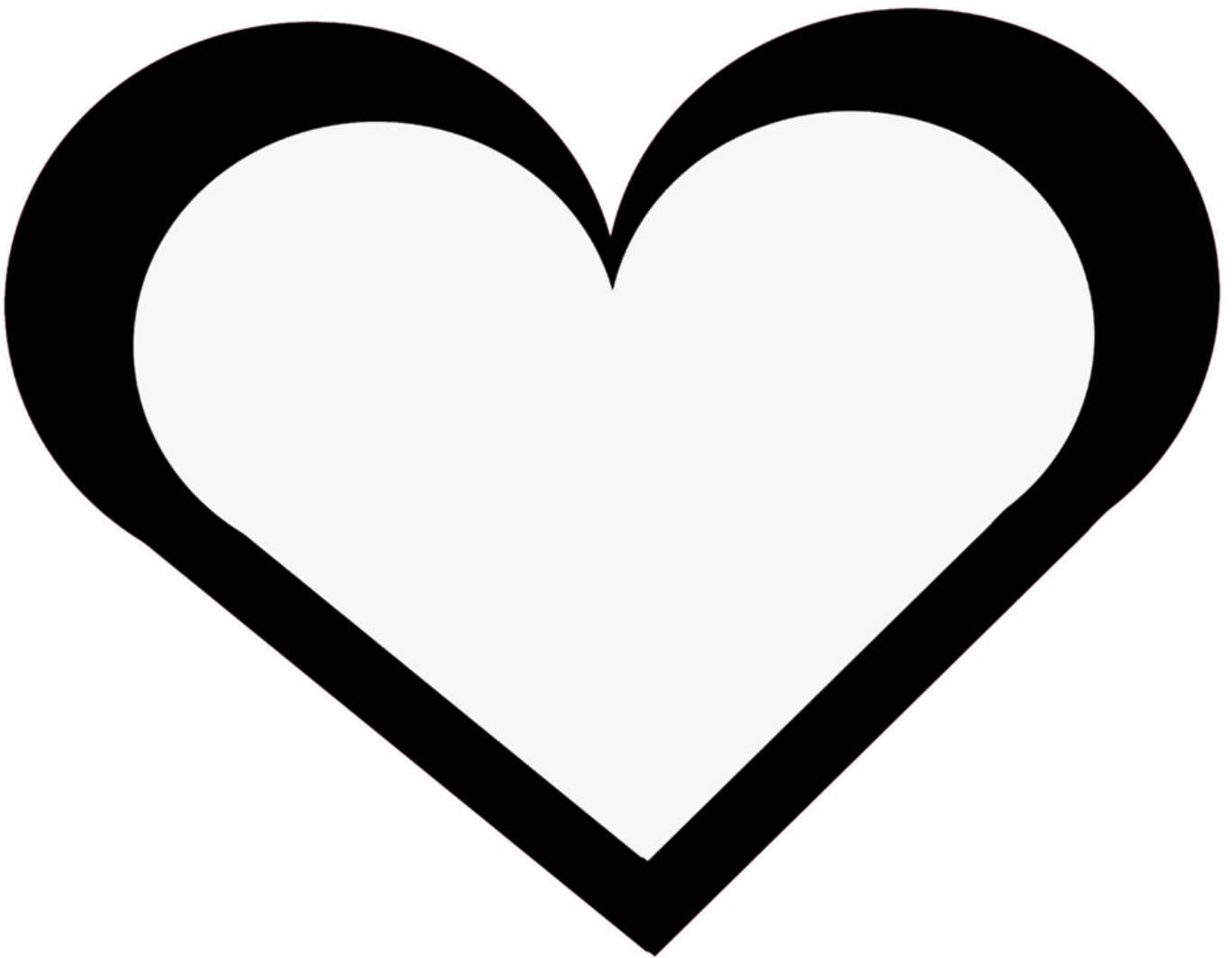
WHEN YOU NEED A LITTLE BOOST BRING TO MIND YOUR HAPPY MEMORY  
AND **SMILE** 

DRAW A PICTURE OF YOUR HAPPY MEMORY



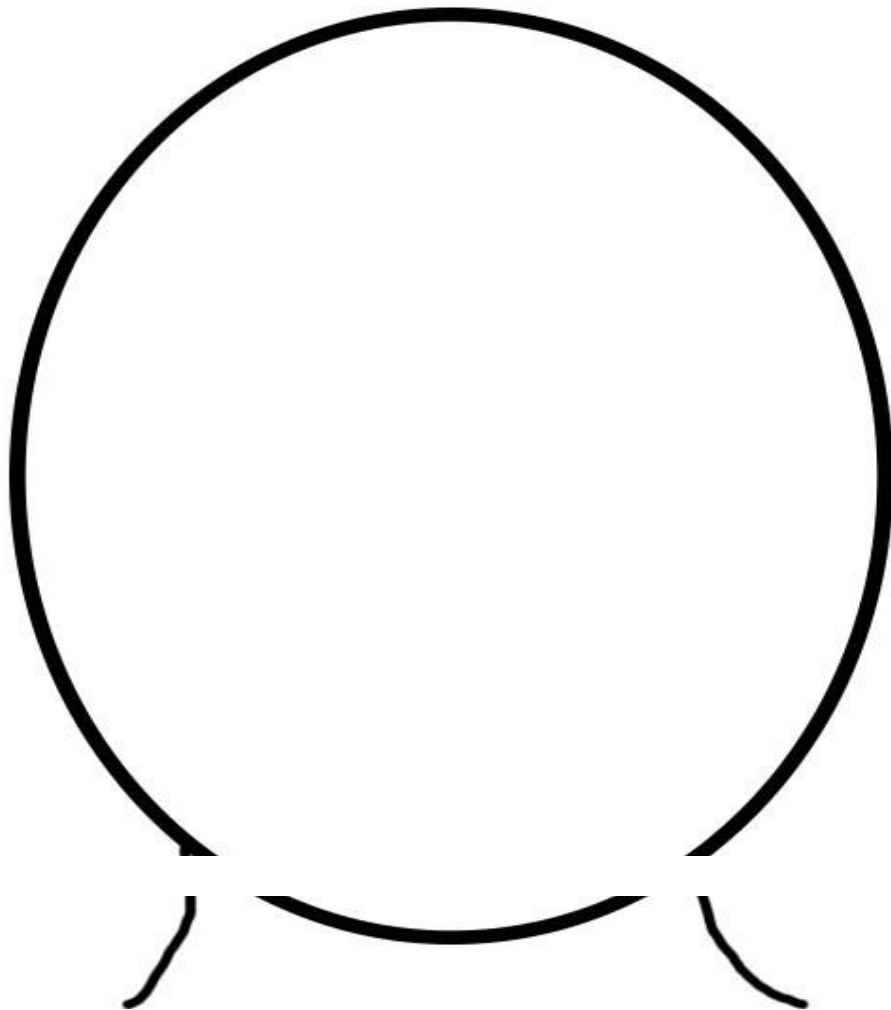
## I AM THANKFUL FOR

WHEN WE ARE THANKFUL, WE FEEL HAPPY ABOUT THE  
GOOD THINGS IN OUR LIVES  
WRITE OR DRAW SOMETHING YOU ARE THANKFUL  
FOR INTO THE HEART



THINGS I LIKE ABOUT ME

WRITE, DRAW OR STICK A PICTURE OF SOMETHING THAT MAKES  
YOU HAPPY TO BE YOU



# Workout for beginners what's your name?

SPELL OUT YOUR FULL NAME AND COMPLETE THE EXERCISE LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A DIFFERENT HISTORICAL PERSON'S NAME OR A FAMILY MEMBER'S NAME EACH TIME.

- |                               |                                 |
|-------------------------------|---------------------------------|
| <b>A</b> 10 jumping jacks     | <b>N</b> 10 second jump rope    |
| <b>B</b> 5 push-ups           | <b>O</b> 10 russian twists      |
| <b>C</b> 1 burpee             | <b>P</b> 5 plie squats          |
| <b>D</b> 20 high knees        | <b>Q</b> 10 arm circles         |
| <b>E</b> 5 crunches           | <b>R</b> 10 skaters             |
| <b>F</b> 10 mountain climbers | <b>S</b> 10 second jog in place |
| <b>G</b> 5 squats             | <b>T</b> 10 butt kickers        |
| <b>H</b> 10 front lunges      | <b>U</b> 5 inchworms            |
| <b>I</b> 10 side lunges       | <b>V</b> 5 tricep dips          |
| <b>J</b> 10 second wall sit   | <b>W</b> 3 star jumps           |
| <b>K</b> 5 calf raises        | <b>X</b> 5 bird dogs            |
| <b>L</b> 5 second plank       | <b>Y</b> 10 leg raises          |
| <b>M</b> 3 squat jumps        | <b>Z</b> 5 squat jacks          |

CONSULT A DOCTOR BEFORE STARTING AN EXERCISE PROGRAM - [WWW.THEYSMELL.COM](http://WWW.THEYSMELL.COM)

Can you spell your name out and complete the exercises

Start with your first name then try your full name

Try make up your own words too

CHOOSE DIFFERENT CHALLENGES AND TAKE PICS OF YOUR CREATIONS

30 Day LEGO Building Challenge					
Build a Roller Coaster 1	Build A Town 2	BUILD A ROCKET SHIP 3	Build the world's tallest tower 4	Build An Airplane 5	BUILD THE PERFECT PIZZA 6
Build a ROBOT 7	Build a Boat That Floats 8	BUILD A CASTLE 9	Build a horse 10	BUILD A MAZE 11	Build a Picture Frame 12
Build A Train 13	Build A Venus Fly Trap 14	Build a Unicorn 15	Build a Pirate Ship 16	Build A Scene From Your Favorite Book 17	Build An Ice Cream Truck 18
BUILD A DOG HOUSE 19	Build A Flying Saucer 20	BUILD A SPORTS ARENA 21	Build A Water Park 22	Build A Shark 23	Build a Bridge 24
BUILD A TREE HOUSE 25	Build Your Name With Bricks 26	Build A Dragon 27	Build A Historical Scene 28	Build A Monster 29	Build an instrument 30





## Banana and Strawberry Smoothie



**Ingredients – 200/250ml Milk**  
**5-10 Strawberries**  
**1 Banana**  
**1 Strawberry Yogurt (optional)**

### Method

Add all ingredients to blender and blend  
 Other berries can be used along with or instead of strawberries

## Build Your Own Smoothie

### Pick your fruits:

- Bananas
- Apples
- Strawberries
- Blueberries
- Blackberries
- Raspberries
- Oranges
- Pineapple
- Mango
- Peaches
- Pears
- Cherries
- Kiwi
- Watermelon
- Grapefruit
- Apricots
- Plums
- Cantaloupe
- Melon
- Grapes

### Kick up the nutrition:

- Spinach
- Kale
- Avocados
- Carrots
- Celery
- Cucumber
- Swiss Chard
- Bok Choy

### Add a base:

- Lowfat Milk
- Water
- Almond Milk
- 100% Juice
- Rice Milk
- Lowfat Yogurt
- Coconut Milk
- Coconut Water

### Throw in some add-ins (optional):

- Peanut Butter
- Nut Butter
- Flax Seed
- Chia Seeds
- Walnuts
- Almonds
- Oatmeal
- Vanilla Extract
- Honey
- Agave Nectar
- Cinnamon
- Ginger

**Place all ingredients in blender,  
blend & enjoy!**

Visit [produceforkids.com](http://produceforkids.com) for more smoothie recipes.

# INDOOR SCAVENGER HUNT

primary playground

- Find a fork.
- Find something that is red.
- Find a tissue box.
- Find 3 things that have wheels.
- Find an orange crayon.
- Find something that is very soft.
- Find a band-aid.
- Find a key.
- Find 2 socks that match.
- Find something round.
- Find a sticker.
- Find a rubber band.
- Find a pair of glasses.
- Find an envelope.



# INVENTOR SCAVENGER HUNT

primary playground

- Find something that you can turn.
- Find something that is bumpy.
- Find something that is metal.
- Find something you put together.
- Find 3 things that are round.
- Find something you twist.
- Find something shiny.
- Find something you can roll.
- Find a tube.
- Find 3 things that are squishy.
- Find something clear.
- Find something that can bounce.




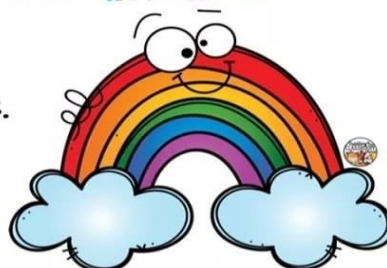
# BOOK SCAVENGER HUNT

- Find an animal in a book. primary playground
- Find the word spring in a book.
- Find someone helping someone in a book.
- Find a picture of a sun in a book.
- Find a book that makes you laugh.
- Find a bug in a book.
- Find someone sleeping in a book.
- Find a character eating in a book.
- Find a pet in a book.
- Find a cat in a book.
- Find a superhero in a book.
- Find a bike in a book.



## RAINBOW SCAVENGER HUNT

























-  Find something red. primary playground
-  Find something yellow.
-  Find something orange.
-  Find something green.
-  Find something blue.
-  Find something purple.
-  Name a fruit that is red.
-  Name an animal that is yellow.
-  Name a vegetable that is orange.
-  Name a plant that is green.
-  Name a flower that is purple.
-  Name something outside that is blue.





# Scavenger Hunt BINGO

Get Five in a Row Up, Down, Across or Diagonal to Win

				
Leaf	Nut	Cloud	Flower	Animal
				
Nest	Fern	Mushroom	Dead Tree	Crawling Insect
		Free		
Water	Dirt		Stump	Butterfly
				
Live Tree	Rock	Spider	Bird	Stick
				
Grass	Web	Flying Insect	Tracks	Pinecone