



**CYBERSAFE
KIDS**

CyberBreak

• A 24 hour family digital detox
from 5pm, Friday 20th October



FAMILY FUN GUIDE

38 OFFLINE ACTIVITIES FOR THE WHOLE FAMILY PLUS
RECIPES FROM LILLY HIGGINS



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Thank you for signing up to take part in our fourth annual **CyberBreak**. A 24-hour fun-filled digital detox where you turn off your smart devices and put down your screens (you too parents!) to spend some quality offline time with the whole family. **CyberBreak** takes place from **5pm, Friday 20th October** until **5pm Saturday 21st October 2023**.

This year we're delighted to have special guest Lilly Higgins, food blogger, cookbook author and columnist with The Irish Times onboard. Lily has provided some delicious recipes to allow you and your family to create your very own restaurant at home. Better still, older kids in the family may wish to try some of these out and treat you to a meal...

Jam-packed with over 38 ideas, we hope you will find this guide helpful in planning how you and your family would like to spend your **CyberBreak**. Taking a **CyberBreak** is one great way to help you develop a healthier digital balance. If you enjoy this one, perhaps you could take a few more during the year, or even once a month, to help reset the mind and reconnect with those around you in person.

Here's a suggestion from a 9yr old CyberBreak participant last year: *everyone chooses their favourite activity they'd like to do as a family, write it down and put them in a hat/bowl. One person chooses one activity, the next person chooses the next and so on. Then list these in order of what you are going to do first to last during CyberBreak.* However or whatever you decide to do on the day, we hope you enjoy your screen-free time.

Wishing you all a wonderful **CyberBreak**!

The CyberSafeKids Team



Note 1: *We are aware that many people use technology during school and office hours, the day will run from **5pm Friday to 5pm Saturday**. We encourage using Saturday as a family day to enjoy simple offline activities, such as going for a walk, baking, playing board games, reading, drawing, visiting friends and so on.*

Note 2: *We understand that people simply have to use their phones and devices in their everyday activities. **We are not advocating for a blanket ban on this use!** The big idea is to avoid social media, online apps, websites, gaming, texting and non-essential messaging. You can make a phone call or watch a movie (but we recommend it's a movie that all the family can watch!).*

Offline activities for family time with younger kids - older siblings may also like to partake in a few of these...

1. Go outside and get some fresh air

- Go to your local park or travel with your family to a new park/woodland/seaside
- Go for a run/walk. Take breaks and do some box breathing (breathe in for six, hold for six and breathe out for six)
- Bring some pencils and paper to the park and sketch what you see
- Collect some leaves you can press at home in between books later
- Cycle, skate or scoot

2. Visit your local library

- Go to your library; become a member if you're not one already
- Find out what's happening in your area over the CyberBreak weekend

3. Culture

- Visit a museum, art gallery or go to a concert: you can find some **free** options [here](#)

4. Host a family games night

Book an appointment at your family hairdresser

Take turns being the family's hairdresser. Who needs a new hairstyle. Maybe even the family pet needs a new look...

Parents makeover

Time for the parents to play dress up as they put the children in charge of their makeover - clothes, hair, makeup - go wild so long as nothings permanent!

Board games

Play a board game; try *Jenga* or *Twister* with some music in the background

Jigsaws

Do a jigsaw - challenge your family to do a 500/1000/3000 piece jigsaw.

Questions only, so kids will love this game!

As the name implies, this simple game only has one rule, you must communicate with questions only. You can't speak if it's not in the form of a question. Sound easy? Think again!

Storytelling

Think of 10 words, write them down and put them in a hat/bowl. The first player picks a word and has sixty seconds to think of a story around that word





4. Host a family games night continued...

Improv

(3 + players) - one player says a person (for eg. Aunty, Uncle, Mum, Dad, sister, brother) a place (Paris, Korea, New York etc.) and a thing (brush, lamp, wardrobe, metal detector). The remaining players improvise a story with these suggestions and/or your own

Tabletop arcade games

Set up a family round-robin style tournament using tabletop arcade games if you have them or convert your regular table into a table tennis table for a while if you have bats and a ball ready to go

Obstacle course

Set up an obstacle course in your garden or even in your living room, using household items and sports equipment that you already have handy. Check out these ideas for an indoor obstacle course

5. Gardening

Look forward to spring and plant some bulbs/seeds now for spring time

6. Reading/Dancing

- D.E.A.D (drop everything and dance!)



7. Art

- Draw/sketch a still life free hand - set up a bowl of fruit, a vase of flowers, a jug or anything you'd like to draw
- Get your parents and/or siblings to pose for you and do a portrait of them

8. Get crafting for Halloween

Halloween is just around the corner so now is the perfect time to get crafty. You could try to make your own costumes, face masks and decorations or practice your face painting!

- Create some paper decorations to hang in the window (Frankensteins, witches hats, bats and/or pumpkins)
- Tie Dye napkins with spiderweb designs (using rubber bands)
- Create facemasks (with bats or pumpkins)

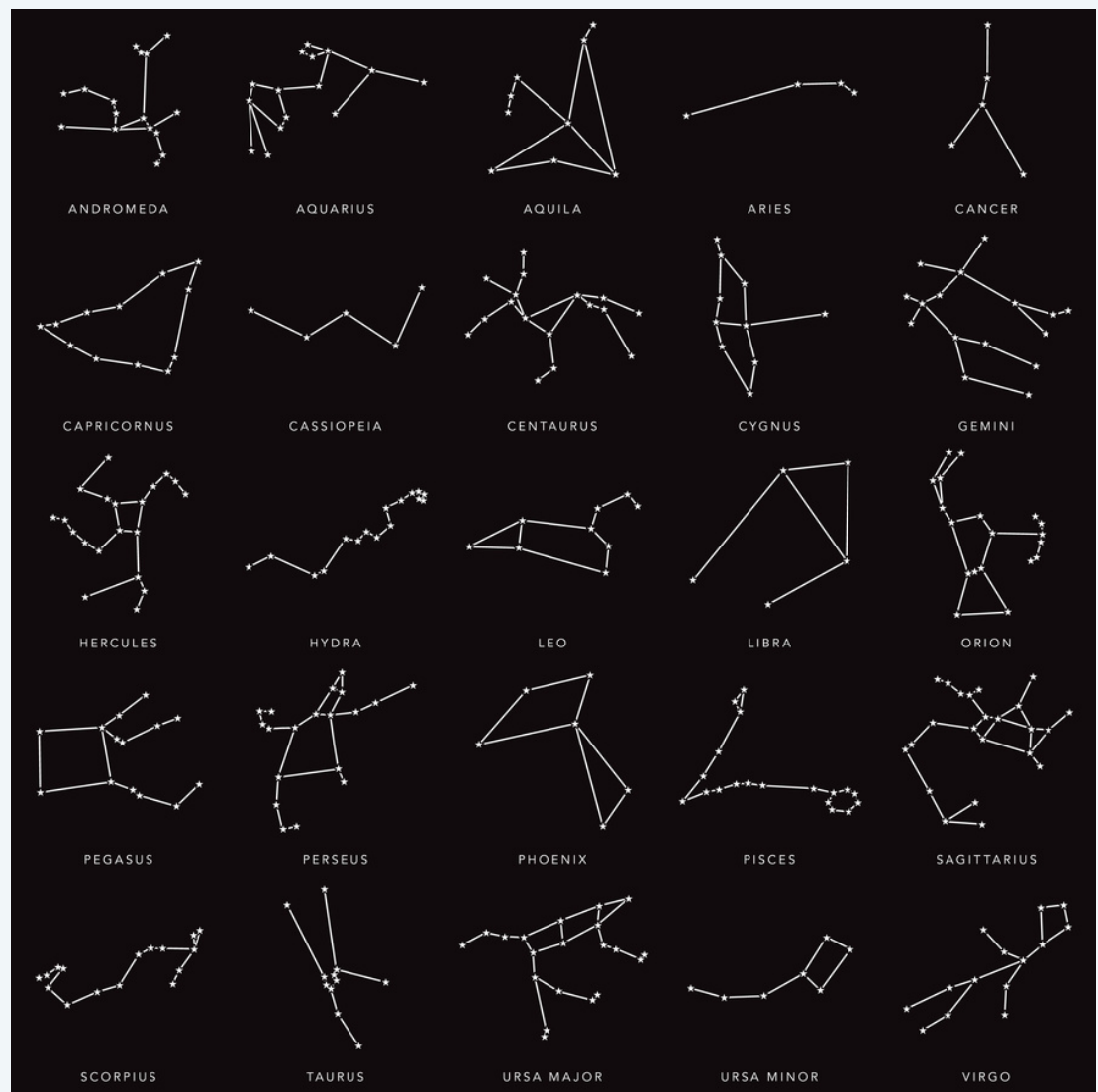
Halloween Toilet Paper Roll Crafts (just copy what you see in the picture)



- 4 toilet paper rolls
- Paint – orange, bright green and paint for the vampire
- Cardstock – green, red, black, white
- Toilet paper
- Medium sized googly eyes (if you don't have these, just use marker or cut out white and black paper circles)
- Red Glitter Paper
- Sharpie (or black marker)

9. Starry nights

Learn the star constellations and practice drawing them on a piece of paper. Try to see if you can spot one on a cloudless clear night sky! Which one is your favourite?



10 Deck of cards

Learn a new card game - 'Oh Hell' is one of our favourites and adults and kids both love it.

Rules: From 3 to 7 people can play. The game is best when played with 4 to 6 people.

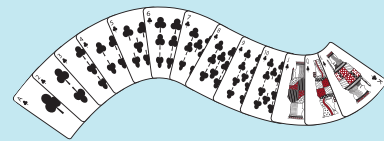
A standard 52 card deck is used. The cards in each suit rank (from high to low) A K Q J 10 9 8 7 6 5 4 3 2.

Sequence of Hands

The game consists of a series of hands. The first hand is played with 7 to 10 cards dealt to each player, depending on the number of players:

- 3 to 5 players, 10 cards each;
- 6 players, 8 cards each;
- 7 players, 7 cards each (because of the limit of 52 cards available).
- Each successive hand is played with one card fewer, down to a hand of just one card each, then one card more per hand back up to the starting level.

Example: With 7 players, the hands are: 7 cards, then 6,5,4,3,2,1, then 2,3,4,5,6,7, for a total of 13 hands to the game. A game should take approximately 45 minutes.



Object of the Game

- Each player must play a card. If they can, they must follow the suit, if they cannot, they can play any card including trump. If there is no trump card played, the highest value card of the leading suit wins the trick.
- The winner of a trick leads the next one. This continues until all tricks have been played, then the next hand is dealt until all hands have been dealt and all tricks won.
- The object is for each player to bid the number of tricks s/he thinks they can take from each hand, then to take exactly that many; no more and no less. Points are awarded only for making the bid exactly, and are deducted for missing the bid, either over or under.
- The hook is that at least one player will fail on each hand, because the total number of tricks bid by the players may not equal the number of tricks available on that hand.



11. Science fun

Make slime!

What you'll need:

- Cornflour
- Water
- Large bowl and spoon
- food colouring (optional)

Method:

- Add some food colouring to your water
- Pour your cornflour into a large bowl. You will need at least double the amount of cornflour to water. (So, if you have 2 cups of cornflour, you'll add approx 1 cup of water, but experiment with this, that's the fun part!).
- Gradually add the water and stir until you are happy with the consistency.



12. Blindfold taste test

Use a scarf to blindfold each player. Get each of them to taste different food items while trying to identify each one. The player with the most correct answers wins.

13. Vinegar Volcano

Use baking soda and vinegar to create an awesome chemical reaction! Watch as it rapidly fizzes over the container and make sure you've got some towels ready to clean up. You may prefer to do this one outside!



What you'll need:

- Baking Soda (make sure it's not baking powder)
- Vinegar
- A bottle or container to hold everything and avoid a big mess!
- Paper towels or a cloth (just in case)

Instructions:

- Place some of the baking soda into your bottle or container
- Pour in some of the vinegar
- Watch as the reaction takes place!

What's happening?

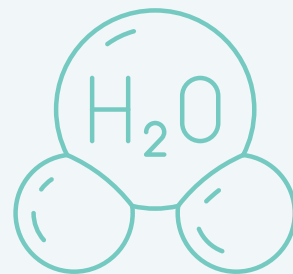
The baking soda (sodium bicarbonate) is a base while the vinegar (acetic acid) is an acid. When they react together they form carbonic acid which is very unstable, it instantly breaks apart into water and carbon dioxide, which creates all the fizzing as it escapes the solution.



14. Water molecules on the move

Do hot water molecules really move faster than cold ones?

Pour some water, drop in some food colouring and compare results.



What you'll need:

- A clear glass filled with hot water
- A clear glass filled with cold water
- Food colouring

Instructions:

- Fill the glasses with the same amount of water, one cold and one hot.
- Put one drop of food colouring into both glasses as quickly as possible.
- Watch what happens to the food colouring.

What's happening?

If you watch closely you will notice that the food colouring spreads faster throughout the hot water than in the cold. The molecules in the hot water move at a faster rate, spreading the food colouring faster than the cold water molecules which move slower.

15. Musical Chairs

- When the music stops, instead of sitting, players must perform a specific dance move
- Any player who fails to dance the move or is the last one to do so is eliminated. The last person remaining wins

16. Create a family time capsule

Using a shoe box, cardboard box, large envelope or a paper bag, create your own family time capsule - something you can look back on in a year, or even as far off as ten years! You could include photos, letters, lists of best local places you like to visit, your favourite past times, foods, books, music or even a magazine or two. Younger kids can also write the names of some of their best friends and most loved toys and books to look back on later. Hide the capsule away somewhere safe and set a date to open it up!

NB: make a note of where you hide it in case you forget...



17. Have a family movie night



Choose a movie that the whole family can watch. Use Common Sense Media to find something suitable for the whole family!



18. Host a family talent night (one of the older siblings may like to organise this!)

Get everyone in the family to choose their talent, do a little practice, then come together to host your own family talent show



19. Set up an indoor or outdoor (weather permitting) den

Build a tent or playhouse in your living room or garden. The more makeshift the better using furniture and other stuff from around your house. You could even try making a pirate ship complete with a makeshift sail.

20. Sports day for the family (one of the older siblings may like to organise this!)

Think back to your favourite sports days...

Using equipment in your house, set up a course that will keep all the family active and see who excels at what. Make sure to include lots of fun activities to suit all ages and abilities, from egg and spoon and wheelbarrow races to sprints and tug of wars



Offline activities for older kids...

21. Go outside and get some fresh air

- Go outside and get some fresh air!
- Go to your local park (if there is one nearby) or travel with your family to a new park/woodland/sea side
- Go for a run/walk. Take breaks and do some box breathing (breathe in for six, hold for six and breathe out for six)
- Bring some pencils and paper to the park and sketch what you see...
- Go to a food fair/market in your area. Sample something delicious from a new food truck.

22. Support a local sports team

Find out what matches are going on in your local sports clubs and go along to support

23. Last lawn cut for 2023!

Mow the lawn for your parents, grandparents, a relative or an elderly neighbour

24. Have a pyjama day

Don't feel like going out, do some stretching and/or yoga instead and choose some of the following ideas to enjoy your day of rest...

25. Art

- Draw/sketch a still life free hand - set up a bowl of fruit, a vase of flowers, a jug or anything you'd like to draw!
- Get your parents and/or siblings to pose for you and sketch a portrait of them
- Take down your favourite book and redesign it's cover

26. Read/Dance

D.E.A.R (drop everything and read!) - curl up with a book and read...

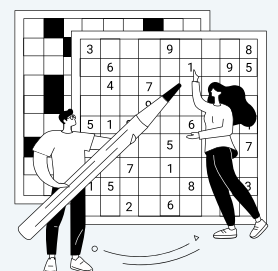
D.E.A.D (drop everything and dance!)

27. Read a newspaper

Buy two national newspapers and read them cover to cover. Compare the home and world news sections to each other. Have they prioritised the same stories? Are you satisfied with the topics covered or disappointed by the topics that weren't covered and you feel should be given more attention. Write a letter to the editor outlining what topic you feel should be given more importance. You never know, it might be published!

28. Crosswords & Sudoku

Now that you own a newspaper you may as well try the crossword! What about Sudoku?



Offline activities for older kids...

29. Creative writing

Write a short story or an outline to a novel. Devise your plot line and characters, heroes or villains. How many chapters will you have? How many pages will your book have?

30. Start a new hobby

Do your parents or grandparents have a skill you'd like to learn from them, e.g. how to knit or sew

31. Start a book club

Start a monthly/fortnightly book club with your family and/or a group of friends (take turns being the critic and write a 300-500 word book review). Meet in person over some nibbles and discuss.

Choose different genres (fiction, contemporary fiction, historical fiction, mystery, science fiction, fantasy, horror, non-fiction, biography/autobiography, history, science)

32. Start a film club

Start a monthly/fortnightly film club with your family and/or a group of friends (take turns being the critic and write a 300-500 word film review). Meet in person over some nibbles and discuss.

Choose different genres (classics, comedy, science fiction, mystery, horror, musical, black & white, western, action, adventure, film noir, documentary, musical, drama, period drama)

33. Bowling

Go ten pin bowling with your friends or family or perhaps you'd rather play pool or arcade games

34. Charity

Go ten pin bowling with your friends or family or perhaps you'd rather play pool or arcade games

35. Dance off

Clear a space for a dance floor, set a timer for 5-10 mins and using your best moves, dance your heart out. You can assign different dance styles or themes to each round. The last dancer dancing wins the dance-off!



Offline activities for older kids...

36. Tidy your bedroom

There's more to life than housework for sure but now that you have some valuable screen free time available you could blast some tunes and tidy your bedroom. If it's already tidy or you've completed this task super speedily you could always surprise your parents by offering to do the laundry and/or ironing.

37. Devise a meal plan/grocery list

Take helping at home to a whole other level by devising a grocery list and meal plan for the coming week!

38. Ready, steady cook... or bake!

Surprise your family by baking or cooking something new from a cookbook or try one of Lilly Higgin's recipes!



LILLY HIGGINS RECIPES

- 01 Lemony Greek Chicken & Potatoes
- 02 Garlic Bread Spaghetti
- 03 Banana Bread with Pecan Crumble
- 04 Lemon Meringue Pie
- 05 Magic Chocolate Mousse
- 06 Powerballs



Lilly Higgins, food blogger, cookbook author and food photographer with a love for all things edible. Columnist with The Irish Times.



LEMONY GREEK CHICKEN AND POTATOES



LEMONY GREEK CHICKEN AND POTATOES

Serves 4-6

Ingredients

6-8 chicken oyster thighs
1kg Potatoes, scrubbed & quartered
Juice of 2 lemons
80ml olive oil
4 cloves garlic, unpeeled & bruised
2 tbsp oregano, finely chopped & extra to serve
1 tbsp rosemary, finely chopped
1 tsp salt
1 tsp black pepper
150ml chicken stock or water
1 lemon sliced
A handful of black olives



Method

Preheat the oven to 200C.

Place the chicken and potato wedges in a large bowl. Add the lemon juice, olive oil, garlic, oregano, rosemary, salt and black pepper. Mix well to ensure everything is evenly coated.

Place the chicken onto a large, deep baking tray, skin side up. Arrange the potato around the chicken along with all the lemony oil that was in the bowl. Pour over 100ml of the chicken stock.

Bake for twenty minutes then turn everything. Bake for a further twenty to twenty five mins, adding the lemon slices for the final ten minutes, until the chicken is cooked through.

Remove the chicken and lemon slices from the pan, cover and keep warm. Stir the potatoes in the pan juices, add the olives and return to the oven to crisp up for another 5 minutes.

Meanwhile arrange the chicken on a platter with the lemon slices on top, surround the chicken with the potatoes and olives. Place the roasting tray on the hob over a medium heat. Add the remaining 50 ml chicken stock and use it to deglaze the pan. Pour the pan juices through a sieve over the chicken. Sprinkle everything with the oregano and serve right away.



GARLIC BREAD SPAGHETTI



GARLIC BREAD SPAGHETTI

Serves 4

Ingredients

400g Spaghetti

Olive oil

4 cloves garlic, crushed

300g breadcrumbs

3 tbsp chopped parsley

Zest of ½ lemon

Salt & black pepper

To serve: grated parmesan



Method

Bring a large pan of water to the boil, add a good pinch of salt and cook the spaghetti for about 10 minutes or until al dente. Keep back about 1 cupful of water but drain away the rest.

Return the pasta to the pan with the cooking water, season well with salt and black pepper. Add a drizzle of olive oil.

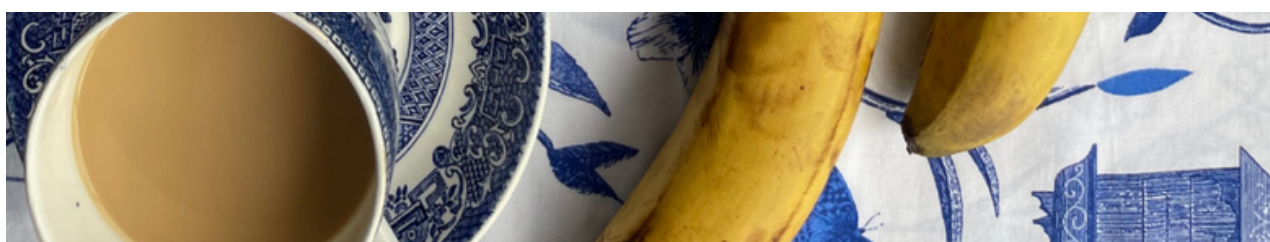
While the pasta cooks, heat a wide frying pan over a medium heat. Add 2-3 tbsp olive oil and cook the garlic for a few seconds before adding the breadcrumbs. Keep stirring for 3-4 minutes, ensuring nothing burns.

Tip the garlic crumbs into a bowl and stir through a good pinch of salt, parsley and the lemon zest. Fold half of the breadcrumbs through the spaghetti then divide into 4 bowls.

Top each bowl with the remaining breadcrumbs and serve with grated parmesan and a big green salad



BANANA BREAD WITH PECAN CRUMBLE



BANANA BREAD WITH PECAN CRUMBLE



Makes 2 loaves

Ingredients

225g plain flour
1 tsp baking powder
1 tsp ground cinnamon
¼ tsp ground nutmeg
3 eggs
120g demerara sugar
2 medium ripe bananas, mashed
1 tsp vanilla extract
225ml light olive oil or sunflower oil

For the crumble topping:

80g plain flour
60g brown sugar
½ tsp ground cinnamon
60g cold butter, cubed or grated
100g chopped pecans

Method

Preheat the oven to 180°C. Line 2 x 1lb loaf tins with greaseproof paper.

Sieve the flour, baking powder and spices into a bowl. Set aside.

In a separate bowl, beat the eggs and sugar in an electric mixer on high until thickened and light in colour. Fold in the mashed banana and vanilla. Slowly drizzle in the olive oil while still mixing.

Add the flour mixture and mix on low speed, taking care not to over mix. Pour the batter into the prepared tins.

Make the crumble topping by placing the flour, sugar and cinnamon in a bowl. Rub in the cold, cubed or grated butter using your fingertips till combined. Fold in the chopped pecans and scatter the mix over the top of the loaves.

Bake for 25–30 minutes, until golden, watching that the pecans don't burn. Test with a skewer to ensure it's cooked through. Cool slightly on a rack before slicing.

LEMON MERINGUE PIE



Ingredients

300g digestive biscuits
150g butter, melted
1 jar Follain lemon curd
4 egg whites
225g caster sugar

Method

Preheat the oven to 180C. Line a 23cm spring form tin with greaseproof paper. Crush the biscuits till they form grainy sand. Add the melted butter and mix. Press this mix into the base of the tin using a spoon to compact it down. Create a dip in the centre and bring up the sides to form an edge to contain the filling. Bake for 10 mins then set aside. Dollop the lemon curd and passionfruit curd on top of the biscuit base. Swirl to gently combine in places. Set aside.

Place the sugar on a tray in the oven to warm for 5 mins as the oven preheats. Whisk the egg whites with the sugar in a spotlessly clean bowl till voluminous and glossy. Spoon this on top of the lemon curd mix then swirl it all together gently. Bake for 10-15 mins until the meringue is slightly golden in colour and set. Leave to set for an hour before cutting (we couldn't wait!) I like to keep this out of the fridge. I shimmied it off the greaseproof paper and onto a plate, serve with cold softly whipped cream. So gorgeous!

MAGIC CHOCOLATE MOUSSE

Ingredients

650g cubed butternut squash

400g dark chocolate

2 tbsp coconut oil

Method

Boil the butternut squash in water till completely soft. Drain well then add straight to a food processor along with the chopped chocolate and coconut oil. Blitz till smooth & creamy.

Pour into a lined spring form cake tin to make a torte or 6 individual glasses. Store in the fridge for a few hours till set. Top with raspberries, cacao nibs, yogurt, cream etc.





POWERBALLS



Makes 10

Method

Mix the peanut butter and honey until smooth in a large bowl.

Add the porridge and oats. Mix well till combined then fold through the chocolate chips.

Use a tablespoon to scoop the mix up and roll each spoonful into a ball.

Store in a lidded container in the fridge with a layer of baking paper between the layers.

Ingredients

160g smooth peanut butter
(or use sunflower seed butter
or tahini)

20g (2 tbsp) honey

80g fine porridge oats

15g ground hemp or vanilla
pea protein

40g (2 tbsp) chocolate chips

Tip: Place a toasted hazelnut into the centre of each powerball and dust it in cocoa powder for a really decadent powerball to go with your afternoon coffee