



**Be Unstoppable! Get involved in Jays Care's
Special Mother's Day Challenges!**

HERE'S HOW IT WORKS

WHO ARE THESE CHALLENGES FOR?

They are for children and youth ages 4 to 18 who live in Canada.

HOW DO YOU COMPLETE THEM?

Look at the following special challenges on the Jays Care website and work through as many you would like! Once you complete a challenge, take a photo of the completed challenge and submit it along with the Challenge Tracker (at the bottom of the page) to:

- Email: unstoppablekids@bluejays.com
- Dropbox: <https://www.dropbox.com/request/HOFc6LHQGOjERBE9Siyu>

DUE DATE: Monday, May 11th at 5pm EST

WHERE CAN I FIND MORE CHALLENGES?

Jays Care releases a new week of challenges each Monday morning at 10am. You can find them on our website: <https://www.jayscare.com/challenges>.

SPECIAL MOTHER'S DAY CHALLENGES

1

PHYSICAL ACTIVITY CHALLENGE

POINTS: 50

CHALLENGE:

Get up and get active with a female in your life that inspires you. Here are some suggestions:

- Take a walk
- Ride your bike
- Play catch
- Dance it out to your favourite song over Zoom

Send Jays Care a picture of you and your female role model performing your activity for a chance to win!

2

LOVE & GRATITUDE

POINTS: 50

CHALLENGE:

Help show your love and gratitude to someone you look up to through a thoughtful card! Create a card to tell them all the things you love about them. Here are some suggestions to start you off:

- I love you because...
- My favourite thing about you is...
- You inspire me because...
- I'm thankful that you...

Take a picture of your card and its recipient and send to Jays Care for a chance to win!

3

KINDNESS

POINTS: 50

CHALLENGE:

Material things aren't the only way to show kindness and gratitude to someone you look up to. Sometimes the most meaningful things are acts of kindness that can make someone's day. Perform an act of kindness for your female role model. Here are some examples:

- Help cook a meal
- Clean up after yourself and your siblings
- Call them on the phone or on Zoom
- Write them a letter

Send Jays Care a picture of yourself and your female role model for a chance to win!



CHALLENGE TRACKER

Track the number of challenges you have completed on the tracker on the following page. For each line, include the name of the challenge and the date you completed it. If you cannot print this tracker, create your own on a piece of paper and take a photo of it and send it in. Ask a supportive adult who saw you complete the challenge to sign their name confirming that you did the hard work. When you complete ten, send a copy of the tracker and any photos or videos of the work you did to complete the challenges to Jays Care at challenges@jayscare.com or <https://www.dropbox.com/request/HOFc6LHQGOjERBE9Siyu>.

Your Name:	
Mailing Address:	
City/Town:	
Province:	
Postal Code:	
Email Address:	
Are you a part of a Jays Care program? If yes, which one?	
What is your t-shirt size?	
What is the t-shirt size of your female role model?	

Do you and your guardian give permission for Jays Care to post some of your photo submissions on social media if they earn big points?

Yes: No:

Child/Youth signature: _____

Parent/Guardian signature: _____



Challenge #	Challenge Name	Date you completed the challenge	Signature of caring adult who witnessed the challenge.	Did you send photos or videos to support this challenge?