



**Be Unstoppable! Get involved in Jays Care's daily challenges and have fun while gaining new skills at home.**

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## **HERE'S HOW IT WORKS**

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### **WHO ARE THESE CHALLENGES FOR?**

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

### **HOW DO YOU COMPLETE THEM?**

Work through as many of the challenges as you can in a day. Each time you complete a challenge, take a photo of the completed challenge and log it in the Challenge Log Book (this can be found at the end of each challenge package attached). When you've filled a log page, submit it (along with the photos) to Jays Care at [UnstoppableKids@bluejays.com](mailto:UnstoppableKids@bluejays.com). At the end of each week, Jays Care staff will look through all of the submitted challenges, tally points and send prizes to top 50 points earners!

### **WHERE CAN I FIND MORE CHALLENGES?**

Jays Care releases a new week of challenges every Monday. They will be posted on our website starting next week at: ([www.jayscare.com/Challenge](http://www.jayscare.com/Challenge)). Starting next Monday, you will also find a whole series of additional resources for children, youth and families who are adapting to isolation.

### **WHY IS JAYS CARE CREATING THESE CHALLENGES?**

These challenges are designed to help kids and families continue to nurture each child's unstoppable nature while staying fit and having fun.

## DAY 5 CHALLENGES - March 27<sup>th</sup>

### 1 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

#### HOP SCOTCH CHALLENGE

Using chalk or tape, create the longest hopscotch course in the world (or at least one long enough to get excited about). Think about ways to make it more exciting than a regular hopscotch course (could people dance in certain spots? Are there places where people need to jump or twirl around?). Once completed, challenge family members (and yourself) to work through it at least a few times. Send Jays Care a photo of your hopscotch course and/or a video of you working through it to earn your points.

### 2 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

#### LASER CHALLENGE

Grab some string or yarn. Using chairs and tables, create a laser challenge with strings. Once you've created one that is really complex, try getting from one side to the other without touching any part of any string. Take a photo of you moving through your laser challenge and send it to Jays Care for points.



### 3 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

#### INDOOR OBSTACLE RACE

Pick one to two rooms in your home and identify every piece of furniture in the rooms. Next, write down each item (i.e. bookshelf, couch, table, four chairs, bed, etc) on a piece of paper. Create an obstacle course using all of the pieces of furniture. Finally, time yourself to see how long it takes to complete the obstacle course 5 times. Send a photo of the list and your times for each run through the obstacle course to earn your points.

### 4 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

#### TARGET TOSS

Create a target using paper and markers. Tape it to your wall. Next, create a ball using socks (roll them into a ball). Stand back from the wall and see if you can hit the target. If it's easy, stand further back. Once you have found a distance that is challenging, see how many times you can hit the target in two minutes. Try this five times and each time, record your number. Submit a photo of you playing and a photo of your scores to earn points.

## 5 CREATIVITY CHALLENGE

POINTS: 10

### COMIC STRIP CHALLENGE

Create a new comic strip with a new superhero that no one has met before. Include the following items in the comic to have it be eligible: a tree, a tower, a baseball. Send a photo of your comic strip to Jays Care to earn your points.

## 6 CREATIVITY CHALLENGE

POINTS: 10

### BAKING CHALLENGE

Bake a cake or cookies and decorate them with creative designs. Take a photo of yourself with your baked goods and send it to Jays Care to earn your points.

## 7 CREATIVITY CHALLENGE

POINTS: 10

### BOARD GAME CHALLENGE

Create a board game using recycled materials, markers and tape. Include instructions and a photo of you and a family member playing it to earn your points.

## 8 KINDNESS CHALLENGE

POINTS: 10

### GRATITUDE NOTES

Write a special note to three people in your life who you care about. Let them know they are important in your life. Consider adding poetry or quotes or drawings to make the notes extra special. Send a photo of all three notes to Jays Care to earn your points.

## 9 KINDNESS CHALLENGE

POINTS: 10

### MESSAGE FOR ALL

Create a message of hope for everyone in your neighbourhood. Use chalk to write your message on the sidewalk. Think of something to write that will give people hope and make their day better. If you don't have chalk, collect rocks and spell the message with the rocks. Take a photo of your message and send it to Jays Care to earn your points.

## 10 BRAIN CHALLENGE

POINTS: 10

### RUBE GOLDBERG MACHINE

Create a Rube Goldberg machine that is as complicated as you can make it. To earn lots of points, add unique and challenging steps that your marble needs to move through. See some easy examples here: <https://www.youtube.com/watch?v=ICv5owYrW4w> Send a video of your Rube Goldberg machine in action to Jays Care to earn points.

## 11 BRAIN CHALLENGE

POINTS: 10

### SPOT THE DIFFERENCE

Using paper materials collected from around your home, create two almost identical pictures. One picture will act as the original, the other must have some tiny differences. Once you have created the two images, challenge your family to find what is different! Send a picture of your spot the difference images to Jays Care to earn points.

## 12 BRAIN CHALLENGE

POINTS: 10

### MEMORY GAME

Collect 10 random items from around your home and lay them on the ground. Next, throw a blanket or towel over the top to hide the items. Challenge yourself and your family to a memory game. Lift up the blanket or towel for 10 seconds, so everyone can see the items before covering them again. Using your memory, see if you can write down all 10 items you saw. If you succeed, try 15 or 20 items! Send a picture of your memory game to Jays Care to earn points.

## 13 VIDEO CHALLENGE

POINTS: 10

### MOVIE TRAILER

Create a movie trailer (if you have an iPhone, use the movie trailer app to make it easier). The movie can be about anything you want but must include a blue shirt, a mug and a tree. Send the movie trailer to Jays Care to earn points.

## 14 VIDEO CHALLENGE

POINTS: 10

### WORKOUT VIDEO CHALLENGE

Create a 2 minute workout video challenging all children across Canada to do your 2-minute workout five times a day. Send the video to Jays Care to earn points.

## 15 DAILY MEGA-CHALLENGE

POINTS: 50

### DAILY MEGA-CHALLENGE

Create a model of your neighbourhood using recycled materials, lego, tape and any other items you can find around your home. The bigger the better and the more details the better. Help us learn about the best parts of your neighbourhood by labelling them and making them colourful. Send a photo of your model to Jays Care to earn Mega-points!



# CHALLENGE TRACKER

Track the number of challenges you have completed on the tracker on the following page. 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 challenges, send a copy of the tracker and any photos or videos of the work you did to complete the challenges to Jays Care at [UnstoppableKids@bluejays.com](mailto:UnstoppableKids@bluejays.com). Each Friday, Jays Care will review the submissions and send prize packs to the top 50 point earners across the country.

<b>Your Name:</b>	
<b>Mailing Address:</b>	
<b>City/Town:</b>	
<b>Province:</b>	
<b>Postal Code:</b>	
<b>Email Address:</b>	
<b>Are you a part of a Jays Care program? If yes, which one?</b>	

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: \_\_\_\_\_

