



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

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?

Take a look at all of the challenges on the Jays Care website and work through as many of them as you can! 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 or you are finished, submit it (along with the photos) to Jays Care at UnstoppableKids@bluejays.com, or <https://www.dropbox.com/request/HOFc6LHQGOjERBE9Siyu>. Every week Jays Care staff will look through all of the submitted challenges, tally points and send prizes to some of the top prize 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/Challenges).

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 46 CHALLENGES - May 25th

1 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

DANDELION CRAWL

Find a patch of dandelions outside (you can also complete this challenge indoors without the dandelions). Get into a downward facing dog and complete a chaturanga sequence trying to plank down and smell the dandelions. See if you can hold yourself hovering over the dandelions for a picture before going into upward facing dog. Try this 3 times, while getting lower to the ground each time. A bit too tricky? Try to hold chaturanga from your knees! Send Jays Care a picture of you smelling the dandelions to earn your points!



2 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

TABATA TIME

Try to recreate the actions from these baseball moves:

- Throwing
- Fielding
- Hitting

Set 4 minutes on the clock. Without equipment, perform the move for 20 seconds and then take a 10 second break. Repeat this 8 times. Send Jays Care a picture of you in action to earn your points.

3 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

“HEALTHY” THROW

Take a piece of paper and write “H-E-A-L-T-H-Y.” Cut each letter out and tape them to a wall. Using a sock as your ball, take 3-5 steps back away from the wall. Try to spell as many words as you can using the letters in healthy. To spell the word, you have to throw the ball to each letter. Count how many words you can create and send a picture of your “HEALTHY” wall set up to Jays Care to earn your points.

4 CREATIVITY CHALLENGE

POINTS: 10

CANADA'S NEW TOWER

Everyone in Canada knows what the CN Tower is! It was the tallest freestanding structure in the world and held the title up until 2007 when it was overtaken by the Burj Khalifa. It then held the title of tallest tower in the world for over 34 years before being surpassed by the Canton Tower in 2010. Canada wants that title back and wants you to create the blueprint of a new world's tallest freestanding structure! We need you to design it with a drawing, tell us where it should be located and what it should be used for to earn your points.

5 CREATIVITY CHALLENGE

POINTS: 10

HAPPY VICTORIA DAY X 2

Happy (belated) Victoria Day! It's not too late to enjoy some fireworks. Create a firework show at your house without any actual fireworks. Here's how:

1. Gather up some toilet paper (no more than 3 strands), stuffed animals, colourful rolls of socks, colourful clothes, coloured paper etc.
2. Hide behind a sofa or behind a wall
3. Start throwing objects up in the air along with some sound effects!

Record a 30 second at-home firework show to earn points.

6 CREATIVITY CHALLENGE

POINTS: 10

CANADIAN IDOL

Auditions for Jays Care's Canadian Idol are here! Let's put those singing skills to the test. Choose your favourite song and perform it in front of a camera! Send us your audition to earn points!

7 KINDNESS CHALLENGE

POINTS: 10

BREAKFAST IN BED

Treat someone that you live with to breakfast in bed! Plan their favourite meal ahead of time so it will be ready before they wake up in the morning. Remember to wake them up gently while you surprise them with a delicious meal from the comfort of their bed. Take a photo of the breakfast in bed surprise and send it to Jays Care to earn your points!



8 KINDNESS CHALLENGE

POINTS: 10

KINDNESS CLOUD

Create a word cloud using only positive words to describe yourself. Think about all of the traits, qualities and skills that you are proud of! In other words, write down each quality that you have that you would also love to see in a friend. Send a photo of your word cloud to Jays Care to earn your points!

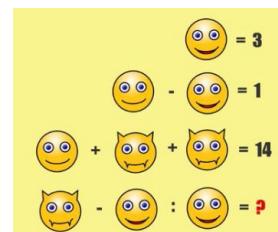
9

BRAIN CHALLENGE

POINTS: 10

MATH TIME

Can solve today's math puzzle? Send Jays Care your answer to earn your points!

**10**

BRAIN CHALLENGE

POINTS: 10

DAILY RIDDLE

"The more you take, the more you leave behind. What are they?" Send Jays Care your answer to earn your points!

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BRAIN CHALLENGE

POINTS: 10

CRITICAL THINKING CORNER

If you could create your own national holiday, what would it be called? What would it be in honour of and how would people celebrate? Create a poster to explain your answer and send a picture of it to Jays Care to earn points.

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HEALTHY ATHLETE CHALLENGE

POINTS: 10

FRUIT SOLAR SYSTEM

The solar system is an amazing and mysterious galaxy made up of stars, planets, comets, and more. You have been challenged to re-make the solar system in your very own home using healthy foods! Find fruits, vegetables or any other healthy foods that mimic each of the following planets: Sun, Mars, Neptune, Venus, Jupiter, Uranus, Earth, Saturn, Mercury, Pluto. Take a picture of your galaxy and send it to Jays Care to receive your points!

**13**

HEALTHY ATHLETE CHALLENGE

POINTS: 10

RAISINZZ

Did you know that raisins are dried up grapes? They are a great source of energy and are filled with fiber, vitamins and minerals. They help your body's digestive system and will keep your bones nice and strong! You have been challenged to eat a handful of raisins every day for 1 week! Take a picture of you eating your raisins and share them with Jays Care to receive your points!

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HEALTHY ATHLETE CHALLENGE

POINTS: 10

PICNIC TIME

Is the summer weather calling your name? Have a picnic outside in the sunshine with healthy foods! If possible, find a baking pan or muffin tin and fill the slots with different healthy foods such as strawberries, grapes, popcorn, cherry tomatoes, blueberries and more! Take a picture of your healthy picnic spread and share it with Jays Care to receive your points!

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DAILY MEGA-CHALLENGE

POINTS: 50

EAT IT OR WEAR IT

This challenge can get a little messy, so it is best to play outdoors! Collect all the weirdest or wackiest foods you can find in your house and find a partner to play with. You take turns going back and forth offering up foods to each other with the option to either eat it or dump it on your head! If you need some inspiration, try looking up the challenge on YouTube. It is taking the internet by storm. Send in a photo to Jays Care of you competing in the challenge to earn 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, or <https://www.dropbox.com/request/HOFc6LHQGOjERBE9Siyu>. Each Friday, Jays Care will review the submissions and send prize packs to the top 50 point earners across the country.

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

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: _____

