



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 47 CHALLENGES - May 26th

1 PHYSICAL ACTIVITY CHALLENGE POINTS: 10

WINTER WONDERLAND

Grab a piece of paper (this can be recycled or scrap) and rip it up into 6 pieces. Crumple those pieces into little balls. Place a bowl or bucket 5 giant steps away from you and put the timer on for 1 minute. See how many 'snowballs' you can launch into your bucket in 1 minute! Send Jays Care a picture of you in action to earn your points!

2 PHYSICAL ACTIVITY CHALLENGE POINTS: 10

CORE STRONG

Set a timer for 2 minutes and get into a plank position. Every 15 seconds change your move and repeat this set twice (2 times):

1. Plank hold
2. Plank jack



3. Plank knee-up



4. Plank shoulder taps



Show us your sturdiest plank! Send a picture to Jays Care to earn your points!

3**PHYSICAL ACTIVITY CHALLENGE****POINTS: 10****WALL CLIMB**

Pretend you are an outfielder running up the outfield wall to catch a fly ball. Find a wall in your house (that you have permission to jump up on) and challenge yourself to see how high you can reach up the wall. Try it 5 times, reaching higher each time. For extra height try running into your jump! Send Jays Care a video of your best wall climb as an outfielder to earn your points.

4**CREATIVITY CHALLENGE****POINTS: 10****JOURNAL ENTRY - IMAGINATION**

If a time machine could take you anywhere for one day, when and where would you go? Send us a paragraph summarizing where you would take the time machine to earn points!

5**CREATIVITY CHALLENGE****POINTS: 10****CREATE YOUR OWN GOLF COURSE!**

Golf courses are open for the season! Get as creative as possible to create a name and logo for your own golf course. What will make your course unique or special compared to others? Send Jays Care a picture of your course name and logo to earn points!

6**CREATIVITY CHALLENGE****POINTS: 10****HOMEMADE PUTTER**

Now that golf courses are open, we need clubs to use! Using household items, create a golf putter and ball to use indoors. Send Jays Care a picture of your homemade putter and ball to earn points!

**7****KINDNESS CHALLENGE****POINTS: 10****EXCEPTIONAL SERVICE CHALLENGE**

Do you miss going out to restaurants? You're not alone! Transform your at-home dining experience into your very own restaurant by setting the table and even serving dinner to your family, just like at a real restaurant! Send a photo or video of you as a restaurant server and send it to Jays Care to collect points!



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KINDNESS CHALLENGE

POINTS: 10

PLAN A CAR PARADE

Do you know someone with a birthday or celebration coming up? Invite their friends and family to a car parade! Give everyone instructions to gather in their cars at a meeting spot before kicking off the parade by driving by their home (don't forget to make signs ahead of time!). This will give loved ones the change to congratulate and make that person feel extra special, while tending to physical distancing safety measures. Send a video of this special experience to Jays Care to earn your points!

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BRAIN CHALLENGE

POINTS: 10

MATH TIME

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

$$\begin{array}{rcl} \text{Apple} + \text{Apple} + \text{Apple} & = & 120 \\ \text{Apple} + \text{Banana} + \text{Banana} & = & 100 \\ \text{Banana} + \text{Grape} + \text{Apple} & = & 105 \\ \text{Banana} + \text{Grape} & = & ? \end{array}$$

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BRAIN CHALLENGE

POINTS: 10

DAILY RIDDLE

"If you drop me I'm sure to crack, but give me a smile and I'll always smile back. What am I?"
Send Jays Care your answer to earn your points!

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BRAIN CHALLENGE

POINTS: 10

CRITICAL THINKING CORNER

If you were to bury a time-capsule in your garden or at the park for somebody to find in 100 years from now, what would you put inside? What would you want that person to know about you, your family or life in 2020? 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

SALAD KABOB

Have you ever thought about eating salad on a stick? Well today is your lucky day! Find some ingredients you would use in a typical salad such as lettuce, tomatoes, cucumbers, strawberries etc. and place them on a kabob stick! Take a picture of your salad kabob and share it with Jays Care to receive your points!



13**HEALTHY ATHLETE CHALLENGE****POINTS: 10****HEALTHY EATING VIDEO**

Have you ever wondered what it would be like to go viral? Here is your chance! Research your favourite food and what makes it healthy. Create a 2-3 minute video explaining why all humans should eat your chosen food everyday. Share your video with Jays Care to receive your points.

14**HEALTHY ATHLETE CHALLENGE****POINTS: 10****PLANT THE SEED**

Did you know that the seeds inside an apples core can grow into an apple tree? Let's try it out!

Step 1: Fill a cup halfway with soil/dirt from outside.

Step 2: Dig a small hole in the middle of your soil/dirt.

Step 3: Place your seed in the hole and cover it back up with the soil/dirt.

Step 4: Give your seed some water to start the growing process and place it on a windowsill where it will get lots of sunlight. Remember to water your tree once a day!

Step 5: Watch your apple tree grow!

Send a picture of your planter sitting on or near your windowsill to receive your points.

15**DAILY MEGA-CHALLENGE****POINTS: 50****CREATE A SPY SCHOOL**

Put your family to the test and see if they have what it takes to become a spy! Create an obstacle course for them to go through, see if they can come up with awesome disguises, or create a code for them to crack! Whatever activities you choose, make sure to send in a picture to Jays Care 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: _____

