



**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?**

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](mailto: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](http://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 48 CHALLENGES - May 27<sup>th</sup>

### 1 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

#### SHOE AGILITY

Find 3 pairs of shoes - or 6 shoes in total - and place them in a zigzag line on the floor. Time yourself to see how long it takes to run and touch each shoe. Once at the end of the line, work backwards to the original starting point. Do this 5 times in a row and see if you feel out of breath! Send Jays Care a picture of your shoe zig zag to earn your points!



### 2 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

#### MUSICAL QUICK GRAB

Grab a sock, ball or any item and place it in front of you (on a chair, the ground, etc.). Have a family member turn on some music and be the DJ. Begin to dance along to the music. When the music stops, you have to quickly grab the ball as fast as you can. Have the DJ count how long it takes for you to grab the item. Try as many times as you can before the song is over. If you want, see if two people can play at the same time and challenge each other! Send Jays Care a video of your best dance move to earn your points

### 3 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

#### TOWEL SWINGS!

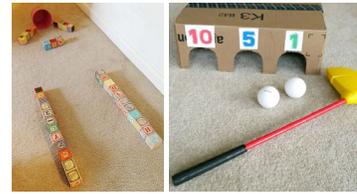
Do you miss swinging a bat? Want to practice your homerun swing? Grab a dish towel and follow these steps:

1. Hop on your surfboard (feet shoulder width apart)
2. Throw your salt and pepper shakers on your bat (hands together)
3. Toss them over your shoulder
4. Throw your hands at the ball to swing
5. Follow through and squish the bug with your back foot

Send Jays Care a picture of your dish towel swing to earn your points!

**4****CREATIVITY CHALLENGE****POINTS: 10****INDOOR MINI-PUTT**

Time to practice our putting! Using household items, create an indoor mini-putt hole to test out your putting skills. Use your creativity to incorporate different ways to earn points and then encourage your family members to try it out. Send in a picture of your mini-putt hole to earn points!

**5****CREATIVITY CHALLENGE****POINTS: 10****MINI-PUTT COURSE**

It's time to master the greens. Use items in your home to create 1-3 mini-putt holes. For extra points, come up with a creative theme for each hole! Once all your holes are complete, send Jays Care pictures to earn your points!

**6****CREATIVITY CHALLENGE****POINTS: 10****AMAZEMENT PARK**

Amusement parks can be fun... but have you ever heard of an AMAZEMENT PARK? Your job is to come up with the most amazing park you can think of for tourists from all over the world to visit. Think about what attractions you may have and what other activities your guests will do for fun. You can draw your park or use supplies around your house to create a sample. Submit a photo of your Amazement Park to earn points!

**7****KINDNESS CHALLENGE****POINTS: 10****TEACH A FRIEND OR SIBLING A NEW SKILL**

Tying your shoes, count coins, riding a bike, learning to paint, and playing card games like "Crazy 8s" are all skills or activities that we were taught by friends and family. Is there someone in your life that you could teach something new? We would love to know! Share a photo or video of your teaching with Jays Care to collect your points!

**8****KINDNESS CHALLENGE****POINTS: 10****RECOMMEND A BOOK**

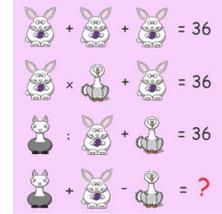
Nothing is better than a good book! Recommend one of your favourite books to a friend and give them an escape from the current situation. Take a picture of your book recommendation and send it into Jays Care to earn points!

## 9 BRAIN CHALLENGE

POINTS: 10

### MATH TIME

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


$$\begin{array}{l} \text{Rabbit} + \text{Rabbit} + \text{Rabbit} = 36 \\ \text{Rabbit} \times \text{Turtle} + \text{Rabbit} = 36 \\ \text{Cat} : \text{Rabbit} + \text{Turtle} = 36 \\ \text{Cat} + \text{Rabbit} - \text{Turtle} = ? \end{array}$$

## 10 BRAIN CHALLENGE

POINTS: 10

### DAILY RIDDLE

"Speaking of rivers, a man calls his dog from the opposite side of the river. The dog crosses the river without getting wet, and without using a bridge or boat. How?" Send Jays Care your answer to earn your points!

## 11 BRAIN CHALLENGE

POINTS: 10

### CRITICAL THINKING CORNER

If you could invent a machine that would improve the planet for everyone, what would it be and how would it help? Explain your invention and how it works. Create a poster to explain your answer and send a picture of it to Jays Care to earn points.

## 12 HEALTHY ATHLETE CHALLENGE

POINTS: 10

### BLACK BEAN BROWNIE RECIPE

This delicious brownie recipe linked below is made with black beans which means it has less sugar and more nutrients than many other brownie recipes! You've been challenged to try and make black bean brownies! Send a picture of your delicious brownies to Jays Care to receive your points.

Recipe Link: <https://www.foodnetwork.com/recipes/melissa-darabian/black-bean-brownies-recipe-1924213>

## 13 HEALTHY ATHLETE CHALLENGE

POINTS: 10

### TRUTH OR DAIRY

Did you know that anyone over the age of 1 is supposed to have two glasses of milk a day? Milk helps build strong bones! I "dairy" you to try drinking two glasses of milk every day this week! Once you've reached your 14th glass (2 glasses for 7 days) send Jays Care of picture of you flexing your strong muscles to receive your points. If milk doesn't sit right in your stomach, try a non-dairy milk alternative such as soy milk or coconut milk.

**14****HEALTHY ATHLETE CHALLENGE****POINTS: 10****RAINBOW PASTA**

Imagine you could make your pasta look like a rainbow! This is your chance to showcase how creative you can get in your kitchen! Follow the steps in the link below to create your colourful masterpiece to eat!

Link : <https://www.tablespoon.com/recipes/rainbow-pasta/d7cb2f45-dea6-43e7-893f-6708e2dc10ec>

**15****DAILY MEGA-CHALLENGE****POINTS: 50****CREATE A 'DAY AT THE BEACH'**

With summer right around the corner, it is time to pull out your bathing suits and dust off your sunglasses! Just because we can't go to the beach doesn't mean we can't bring the beach home. Lay out your towels, put on some tropical music and munch on your favourite beach snacks! If you close your eyes, it may just feel like the real deal! Send in a photo of your 'day at the beach' 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](mailto: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.

<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: \_\_\_\_\_

