



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 49 CHALLENGES - May 28th

1 PHYSICAL ACTIVITY CHALLENGE POINTS: 10

AIR GUITAR CHALLENGE

Put on your favourite song and show us your air guitar skills! Get your moves on and bring us to a rock show! Send Jays Care a video of you rocking out to earn your points!

2 PHYSICAL ACTIVITY CHALLENGE POINTS: 10

HOPSCOTCH MASTER!

Get creative and make your own hopscotch board! You can make this outside with sidewalk chalk or inside with tape or other household items. Get as creative as you can and come up with your own version of hopscotch like these. Send Jays Care a picture of your hopscotch board to earn your points!



3 PHYSICAL ACTIVITY CHALLENGE POINTS: 10

BLUE JAYS NEST

Create your own Blue Jays nest at home using blankets, pillows and any other items you can think of! Once you have your nest ready, kick back, get comfy and watch a film with your family! Send Jays Care a picture of your nest to earn your points!



4 CREATIVITY CHALLENGE POINTS: 10

SUPER FOOD

Leading scientists have asked you to create a new super food to help strengthen people and give them superpowers! Come up with your menu and be sure to include the superpowers that each menu item will give you, and maybe even some side effects! Submit a photo of your menu to earn points!

5 CREATIVITY CHALLENGE POINTS: 10

BUCKET FILLER

“Filling someone’s bucket” is a term often used for giving somebody compliments. Your task is to create a compliment bucket for somebody that you live with. Consider decorating a flowerpot, basket, bowl, bucket, etc. using positive words and then hang it somewhere in your home for them to see. Send Jays Care a photo of your bucket to earn points.

6 CREATIVITY CHALLENGE POINTS: 10

NEW CANADIAN WONDER

You’ve heard of Niagara Falls and the Rocky Mountains, right? You and your team of explorers have just discovered the newest wonder of Canada that no one else has ever seen. Write a short journal entry describing what the new wonder is! In your journal be as descriptive as possible! Where is this new wonder? What does it look like? What was your reaction when you first saw it? Include a picture to help give readers some imagery! Submit your journal entry to Jays Care to earn points!

7 KINDNESS CHALLENGE POINTS: 10

TIDY YOUR BEDROOM WITHOUT BEING ASKED

Make your bed, put your clothes away, or straighten up around your room. Tidying up will not only make your parents or guardians happy, but will also make yourself feel a whole lot better. Take a picture of your clean room and send it into Jays Care to earn points!

8 KINDNESS CHALLENGE POINTS: 10

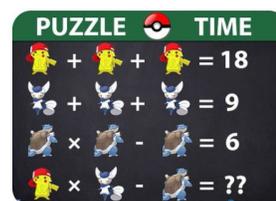
OFFER TO WASH A CAR

With summer approaching it is great time to start some outdoor chores. Offer to wash your parents or a neighbour’s car. Bring out a bucket and some suds and be ready to get wet! Take a picture of you washing the care and send it to 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!



10 BRAIN CHALLENGE POINTS: 10

DAILY RIDDLE

“What is so fragile that saying its name breaks it?” Send Jays Care your answer to earn your points!

11 BRAIN CHALLENGE

POINTS: 10

CRITICAL THINKING CORNER

If you were to create your own country, what would it be called? What would they lyrics to the national anthem and what would all citizens have in common? What values are important to you and your country, and what will your country be known for? 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

HEALTHY FOOD CALENDAR

Create a calendar out of construction paper and keep track of how many fruits and vegetables you eat each day. Try to find a healthy food that starts with the same letter as the day of the week. Send a picture of your Healthy Food Calendar to Jays Care to receive your points!

13 HEALTHY ATHLETE CHALLENGE

POINTS: 10

APPLE BOATS

Summer is fast approaching and we want to gear you up with the best summer snacks! Follow the steps below to create the most delicious apple boats.

Step 1: Cut an apple in half and use one half as your platform (have an adult help you cut!).

Step 2: Use the second half of your apple to cut a triangle out for your sail.

Step 3: Cover your apple platform with honey and your favourite cereal (i.e. cheerios)

Step 4: Place a toothpick in the middle of your apple platform.

Step 5: Set sail and place your cut-out apple triangle on your toothpick

Send a photo of your creation to Jays Care to earn your points.



14 HEALTHY ATHLETE CHALLENGE

POINTS: 10

AROUND THE WORLD

Research a new fruit or vegetable that is in another country that you have never tried before. Challenge yourself to go to the grocery store with a family member to see if you can find the fruit or vegetable. Take a photo of the fruit or vegetable and send it to Jays Care to earn your points

15**DAILY MEGA-CHALLENGE****POINTS: 50****COMMUNITY CONCERT**

Perform a song or play an instrument for your neighbours to hear. Think of a song that could help spread feelings of hope and positivity to others. You can dedicate your music to front-line workers and remind your community about the importance of staying strong and taking care of one another. Send a video of your community concert 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, 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: _____

