



**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 50 CHALLENGES - May 29<sup>th</sup>

### 1 PHYSICAL ACTIVITY CHALLENGE POINTS: 10

#### FRIDAY YOGA!

Use this guide to try out some fun yoga moves! Send Jays Care a picture of your favourite move to earn your point!

#### THE YOGA POSES I WILL TRY ARE...

<input type="checkbox"/>  BEAR (MOUNTAIN)	<input type="checkbox"/>  FLAMINGO (TREE)	<input checked="" type="checkbox"/>  GIRAFFE (EXTENDED MOUNTAIN)
<input type="checkbox"/>  SHEEP (FORWARD BEND)	<input checked="" type="checkbox"/>  DOG (DOWNWARD FACING DOG)	<input type="checkbox"/>  TURTLE (CHILD'S POSE)
<input type="checkbox"/>  SEA LION (TWISTED CHAIR)	<input type="checkbox"/>  TIGER (WARRIOR III)	<input type="checkbox"/>  CAT
<input checked="" type="checkbox"/>  PUMA (CRESCENT LUNGE)	<input type="checkbox"/>  KANGAROO (CHAIR)	<input type="checkbox"/>  WOLF (COW)
<input type="checkbox"/>  ZEBRA (WINDMILL)	<input type="checkbox"/>  JAGUAR (WARRIOR III)	<input type="checkbox"/>  CAMEL
<input checked="" type="checkbox"/>  PEACOCK (TRIANGLE)	<input type="checkbox"/>  EAGLE	<input type="checkbox"/>  LION (WARRIOR II)
<input type="checkbox"/>  DEER (SIDE ANGLE)	<input type="checkbox"/>  FOX (SAVASANA OR CORPSE)	<input checked="" type="checkbox"/>  CRANE (DANCER)

### 2 PHYSICAL ACTIVITY CHALLENGE POINTS: 10

#### HIP HOP CHALLENGE

How many times can you hop on one foot in 1 minute? Start a timer and hip hop it out! Send Jays Care a picture of you hopping to earn your points!

### 3 PHYSICAL ACTIVITY CHALLENGE POINTS: 10

#### LIVING ROOM TIDY RACE

Help out your adults by tidying the living room. Set yourself a timer and see how quick you can tidy up the living room space! Send Jays Care a picture of your sweet, tidy room to earn your points!

**4****CREATIVITY CHALLENGE****POINTS: 10****CANADA'S NEXT TOP ENTREPRENEUR**

Come up with a creative business idea! What is your product or service, how will you create it, how much does it cost, and whom will you sell it to? Send Jays Care a poster that outlines your idea to earn points!

**5****CREATIVITY CHALLENGE****POINTS: 10****BEST SEASON AWARD**

What is your favourite season...fall, winter, spring or summer? Determine which season you would give the "Best Season Award" to. To earn points, send Jays Care a short video explaining why your chosen season is the most deserving of the award!

**6****CREATIVITY CHALLENGE****POINTS: 10****MOVIE STAR**

Time to show off your inner-movie star! Re-enact a scene from your favourite movie. Send Jays Care a video of your Oscar-worthy performance to earn your points.

**7****KINDNESS CHALLENGE****POINTS: 10****POST 5 POSITIVE COMMENTS ON SOCIAL MEDIA**

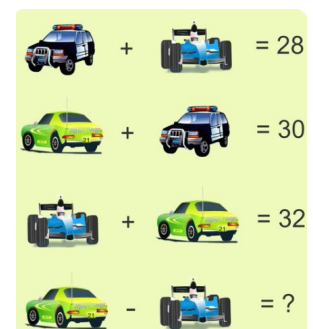
Social media can be such a negative place, so why not spread some kindness?! Post 5 positive message on a friend's social media page to brighten their day. Send a picture of your positive comments to Jays Care to earn points!

**8****KINDNESS CHALLENGE****POINTS: 10****MAKE AND UNDERCOVER SMILE MASK**

Now that covering our faces is widely recommended, we invite you to make a facemask for yourself or your family members and put a smile on it! This is an easy and fun way to stay safe and add a little dose of happy for all to see. Take a picture with your facemask 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!



## 10 BRAIN CHALLENGE

POINTS: 10

### DAILY RIDDLE

“What word of five letters has one left when two are removed?” Send Jays Care your answer to earn your points!

## 11 BRAIN CHALLENGE

POINTS: 10

### CRITICAL THINKING CORNER

If you had to write and direct a movie about any topic you wanted, what would it be? What would the story be about and which actors would you ask to star in it? 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

### MORNING H2O

Do you usually have juice with your breakfast in the morning? It's time to SWITCH IT UP! You have been challenged to have a glass of WATER with your breakfast every morning for 1 week! This will help your body wake up and feel refreshed and strong for the rest of the day! Take a picture of you drinking water with your breakfast to receive your points!

## 13 HEALTHY ATHLETE CHALLENGE

POINTS: 10

### SMART GOALS

Every professional athlete creates goals to reach throughout their career. Your task is to create a goal for yourself today. Some examples are getting active for 30 minutes, eating a healthy snack, or getting to bed earlier. Send Jays Care your goal and what steps you are going to take to achieve it. Once you have achieved your goal for the week send Jays Care a photo or video of you achieving your goal to receive your points

Try using this acronym to help plan your goal:

S - Specific

M - Measurable

A - Attainable (possible)

R - Relevant

T - Timed (have a timeline)

## 14 HEALTHY ATHLETE CHALLENGE

POINTS: 10

### PASSION ON A PLATE!

Do you have something that you are extremely passionate about (i.e., video games, tv characters etc.)? Use your plate as a canvas and have your passion come to life on your plate. Use food to sculpt your character or favourite scene. Send a photo into Jays Care to earn your points!



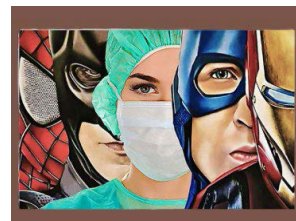
15

## DAILY MEGA-CHALLENGE

POINTS: 50

### REAL LIFE SUPERHEROES

The world is filled with real life superheroes like doctors, truck drivers, nurses and postal workers! Create a comic strip that showcases how important these real-life superheroes are to you. If you know someone who is a frontline worker, be sure to include them in your comic and show them how much you value all their hard work. Send Jays Care a photo of your comic 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), 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: \_\_\_\_\_

