



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?

Work through as many of the challenges as you can in a day. 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, submit it (along with the photos) to Jays Care at UnstoppableKids@bluejays.com. At the end of each week, Jays Care staff will look through all of the submitted challenges, tally points and send prizes to top 50 points 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/Challenge). Starting next Monday, you will also find a whole series of additional resources for children, youth and families who are adapting to isolation.

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 6 CHALLENGES – March 30th

1 PHYSICAL ACTIVITY CHALLENGE POINTS: 10

FOLLOW THE LEADER

Find a partner and stand face-to-face with them. This game is all about mirroring/copying your partner. When they move, you move, etc. For more of a challenge, speed it up or go in slow motion. Take a picture in your best mirrored pose and send it to Jays Care to earn your points.



2 PHYSICAL ACTIVITY CHALLENGE POINTS: 10

HOLD THAT PLANK!

Get in position: on your elbows and toes with your whole body (from your head to your feet) in a straight line, holding yourself up. Try holding this plank position for as long as you can. Try for 30 seconds, then 1 minute and see how long you can hold it for. Take a picture of your plank and send it to Jays Care to earn your points!



3 PHYSICAL ACTIVITY CHALLENGE POINTS: 10

HIDING SPOTS

Just like hide and seek, this game involves one person hiding and another person seeking. The difference between the traditional version and this one is when the person hiding is caught, they have to give the seeker a compliment! Once you have played three times each, the challenge is complete. Send Jays Care a picture of your best hiding spot to earn your points.

4 CREATIVITY CHALLENGE POINTS: 10

JCF TOP BAKER

It's baking time! In this challenge you must create a sweet treat for someone in your family! To complete this challenge you'll need the help of an adult throughout. If you don't have someone to help, it's okay, just move on to different challenge.

Find a recipe for something sweet (or make one up) and use the foods found in your kitchen to create it. Before you use anything, check with your adult to see what you can use. Then, put on your baker's apron and hat to bake, cook or make something sweet and delicious for your family. Send a picture of your creation to Jays Care to earn your points.

5 CREATIVITY CHALLENGE

POINTS: 10

DESIGNER CHALLENGE

To complete this challenge, you will need to ask an adult for some fabric. This could be an old shirt/piece of clothing, a bed sheet, a pair of socks, etc. Your challenge is to take that fabric and make something new that you can wear, use or gift to someone!

Ideas could include headbands, new shirts, or a reusable bag. Take a picture of your creative design and send it to Jays Care to earn your points.



6 CREATIVITY CHALLENGE

POINTS: 10

AIR BAND MANIA

It's time to turn on your favourite song and rock out by creating an air-band performance. Feel free to add friends, props and costumes. Send Jays Care a video of you performing to earn your points.

7 CREATIVITY CHALLENGE

POINTS: 10

EGG DROP

In this challenge, you must build a protective case for something very fragile! Ask an adult for an egg. Your challenge is to protect the egg by using recycling and materials from around your house to create a case for the egg that will protect it from a fall. Once you have built your protective case, ask your adult to drop the egg from the highest place they can find in your house (top of the stairs, stood on a chair). Send Jays Care a picture of the egg in its case to earn your points.



8 KINDNESS CHALLENGE

POINTS: 10

KINDNESS COUPONS

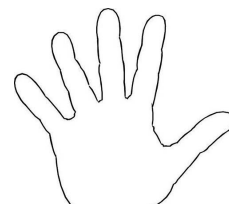
Create a coupon book with different activities, quotes and drawings that spread kindness. Give them out to friends and family to redeem whenever they need a pick-me-up.

9 KINDNESS CHALLENGE

POINTS: 10

HELPING HAND

Create an outline of your hand on a piece of paper. On each finger, write one thing that you are amazing at! Post this in your room to look at whenever you need a helping hand! Send Jays Care a picture of your helping hand to earn your points.



10 BRAIN CHALLENGE

POINTS: 10

STANDING TENNIS BALL CHALLENGE

Build the tallest standing structure you can using items from your recycling or things you have around the house and see if it can withstand the weight of a tennis ball! Don't have a tennis ball? Use a similar item you have at home! Send Jays Care a picture of your structure to earn points.



11 BRAIN CHALLENGE

POINTS: 10

BLIND-FOLDED TASTE TEST

Time to put your taste buds to the test! Ask an adult to provide you with some different foods from your kitchen. Arrange them on a plate. Close your eyes (or use a blind-fold) and try to guess what the different foods are! Once you have tried, challenge your family members to do the same. Take a picture of your taste-testing and send it to Jays Care to earn your points!

12 BRAIN CHALLENGE

POINTS: 10

DO AS I SEE NOT WHAT I SAY

Use the image below and try to say the COLOUR of the word, not the word itself. Your brain sees the word before it sees the colour - how cool?! Time yourself to see how fast you can do it! Send Jays Care a video of you completing the challenge to earn your points.

YELLOW BLUE ORANGE
ORANGE YELLOW BLUE
BLUE ORANGE YELLOW
BLACK WHITE PURPLE
CYAN GREEN PINK
RED RED RED RED RED

13 VIDEO CHALLENGE

POINTS: 10

TRY NOT TO LAUGH

Write down a list of funny things or jokes to tell to a family member. Tell them they have to try not to laugh. Send Jays Care a video of you telling your jokes and trying to make people laugh! If they laugh, you earn your points!

14 VIDEO CHALLENGE

POINTS: 10

WILDLIFE DOCUMENTARY

Find a pet, family member or interesting object in your home. Film them like they are the subject of a wildlife documentary with you as the narrator. Use your imagination and tell the audience about what they like to eat, what they like to do and what their animal names are. Send your wildlife documentary to Jays Care to earn your points.

15 DAILY MEGA-CHALLENGE

POINTS: 50

FIELD OF DREAMS

Design and build the baseball field of your dreams! Use boxes, paper, paint, or whatever you can think of and create your dream baseball stadium. Take a photo of the finished product and send it to Jays Care to earn your points! Bonus points if you can incorporate the Blue Jays logo in your stadium!



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. 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: _____

