



**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?**

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](mailto: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](http://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 7 CHALLENGES - March 31<sup>st</sup>

## 1 PHYSICAL ACTIVITY CHALLENGE POINTS: 10

### BALLOON BATTER UP!

Create a baseball bat out of old toilet paper rolls. Once you have your bat ready, blow up a balloon to use as a ball. Using your bat and ball create your very own Home Run Derby in your home. Find an object (like the couch) to be your home run fence. If you hit it over the fence, you get a home run = 1 point. Hit 10 home runs to gain 10 points. Send Jays Care an image of your Home Run Derby to earn your points.

## 2 PHYSICAL ACTIVITY CHALLENGE POINTS: 10

### JAYS CARE OPEN

Have you heard of the Jays Care Open? We are taking you on a baseball golf experience in your own home. Make a circle with a towel - this is your hole. Use a small ball (or rolled up socks) and practice throwing the ball into the hole. Be creative and make it challenging by moving your towel (hole) around the house. The goal is to create ten different holes, getting more difficult each time. Send Jays Care a picture of your golf course to earn your points.

## 3 PHYSICAL ACTIVITY CHALLENGE POINTS: 10

### KEEP IT MOVING BOARD GAME

Introducing the newest, coolest board game around! Keep your body active and warm by playing this game by yourself or with your family! The goal is to try your best to make it around the board game at least once. When you have finished, we challenge you to stretch your creative muscle and create your own board game that focuses on fitness and physical activity!

Share your game with Jays Care to earn your points.



**Keep It Moving!**  
*Created by Andrea Thorpe  
www.embrecinghm.com*

**Rules for play**  
1) Roll the die.  
2) Move the number of spaces on the die.  
3) When you land on a space with written directions, follow them.  
4) Play until someone reaches the Finish box. Continue play to see who will finish second, third, etc.

**Finish**

Do eight sit ups.

Your laces are untied! Go back to Start.

Crab walk AND sing Alphabet Song.

Oh no! You're out of breath! Lose a turn.

Oh no! You stopped to watch TV. Go back.

You're full of energy! Take another turn.

Long Jump! Stand up, take the longest forward jump you can, and then move ahead one extra space!

Jump from side to side as you count to 30.

Do seven push ups.

Count to 30 while you run in place.

Oh no! You're out of breath! Lose a turn.

Head, shoulders, knees, toes: nine times.

Super Skip Move Ahead

You had a great warm up! Move ahead 3.

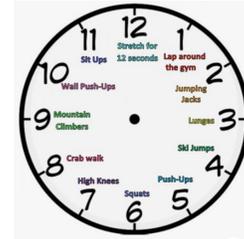
Warm up by doing 10 jumping jacks.

Balance on one leg for 15 seconds.

**Start**

**4****PHYSICAL ACTIVITY CHALLENGE****POINTS: 10****TIME TO GET MOVING**

Do you know what time it is? It's TIME to get physically active! Print out or draw a picture of a clock and add different exercises that correspond to each number like the example below. Place a paper clip in the middle of the clock, spin it and complete the corresponding exercise or stretch that it lands on. Take a picture of your clock and share it with Jays Care to earn your points. Good luck and don't forget to have a fun TIME with it!

**5****CREATIVITY CHALLENGE****POINTS: 10****SAFARI!**

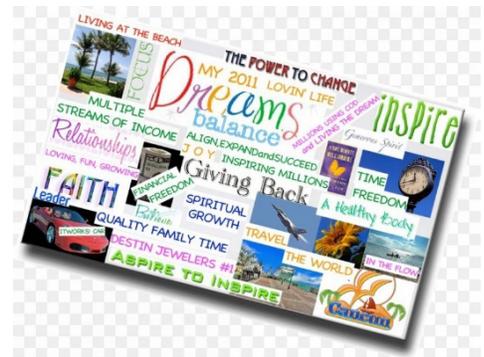
Have you ever wondered what it would be like to go on a Safari in your very own house? To create your safari, draw as many pictures as you can of animals you might see on a safari like lions, tigers and elephants. Place the animals all around your house and then challenge your family to come safari with you. See how many animals you can spot. Send Jays Care a picture of your safari to earn your points.

**6****CREATIVITY CHALLENGE****POINTS: 10****ROCK BAND**

Have you wanted to be a drummer in a rock band and perform in front of thousands of people? Here is your chance! Create a musical instrument or set of drums using items from around your house like pots, pans or tupperware. Encourage your family to do the same. Once you have your rock band assembled, make a tune or rhythm using your homemade instruments. Send Jays Care a picture or video of your band in action to earn your points.

**7****CREATIVITY CHALLENGE****POINTS: 10****DREAM BOARD**

Have you ever wondered what it would be like to see all of your dreams in one place? This challenge will help you to do that by creating a dream board! To create your dream board go through old magazines that you have laying around your house and cut out pictures that make you think of your future or things that you would dream about doing. You can also print pictures off of the Internet if there are specific things that you want on your dream board. Once you have cut out your pictures, stick the pictures on a bristol board or a large piece of paper. Hang your dream board on your wall so you can see it everyday. Send Jays Care an image of your dream board to earn your points. This is an example of a dream board. However, you can make it however you want!



8

**KINDNESS CHALLENGE**

POINTS: 10

**APPRECIATION LETTER**

During times like these, emergency response personnel are working around the clock to ensure everyone is safe and healthy. Take this time to write a letter of appreciation to your local police, fire or ambulance station. Once social distancing is over, mail your letter of appreciation to the emergency response force in your area that you appreciate. Send Jays Care a picture of your letter to earn your points.

9

**KINDNESS CHALLENGE**

POINTS: 10

**KINDNESS STICKY NOTE CHALLENGE!**

How do you feel when someone gives you a compliment? You often feel AMAZING! Let's remind the people we live with how AMAZING they are! Find 5 sticky notes (or pieces of paper with tape) and create 5 kind messages for the people you live with. Post your notes on their bathroom mirror! For example: Your smile is beautiful! Keep smiling! Send Jays Care a picture of your notes to earn your points.

10

**BRAIN CHALLENGE**

POINTS: 10

**RIDDLE CHALLENGE**

Answer this riddle: What is always in front of you but can never be seen?  
If you know the answer to this riddle, send Jays Care a picture showing your answer to earn your points.

11

**BRAIN CHALLENGE**

POINTS: 10

**THINK OUTSIDE THE BOX!**

I am NOT an ice cream cone.  
I am a \_\_\_\_\_.

Print or draw a picture of an ice cream cone and stretch your creative muscles by turning your ice cream cone into something completely different using markers, pencils, crayons, or anything in your house! Send a picture of your new creative creation to Jays Care to earn your points!



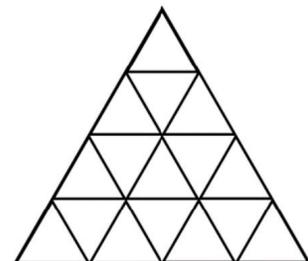
12

**BRAIN CHALLENGE**

POINTS: 10

**TRIANGLE CHALLENGE**

There are three different types of triangles: equilateral, isosceles and scalene. Count the number of triangles you see in the photo below. Hint: I'm sure there are a lot more than you think! Send your answer to Jays Care to earn your points.



**13****VIDEO CHALLENGE****POINTS: 10****SALES PITCH!**

What is the best film or TV show you have seen recently? If you had to convince others to watch it what would you say? Record yourself giving your best sales pitch where you convince the audience why they should tune in to watch your film/TV show. Be enthusiastic, get excited and get creative! Send Jays Care a video of your sales pitch to earn your points.

**14****VIDEO CHALLENGE****POINTS: 10****SHOW AND TELL VIDEO CHALLENGE!**

Find an item in your house that is special to you, and tell Jays Care why it means so much to you! Send your Show and Tell Challenge Video to Jays Care to earn your points!

**15****DAILY MEGA-CHALLENGE****POINTS: 50****7<sup>TH</sup> INNING STRETCH!**

Take part in your own 7th Inning Stretch by learning the words to "OK Blue Jays!" Click this link to see: [https://www.youtube.com/watch?v=qag6w\\_Tp50A](https://www.youtube.com/watch?v=qag6w_Tp50A) -

Make a video of you and your family performing the song around your house. Mega points available for creativity, lip-syncing and Blue Jays memorabilia! Send your video to Jays Care to earn your 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). 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: \_\_\_\_\_

