



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 8 CHALLENGES - April 1st

1 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

PITCHING BOWLING

Grab nine items that can stand upright and place them in rows like the pins in bowling. Next, grab a pair of socks and put one inside the other to create a ball. The challenge is to knock down as many 'pins' as you can in as little throws as possible! Keep knocking them down to get your best score! Be sure to send Jays Care your best photo/video of you pitch bowling to earn points!

2 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

BODY SCULPTURES

It's time to get flexible! Ask someone in your home to choose 5 different items or structures that you can create using just your body! For example: a tree, a table, a clock etc. You have to hold the pose for 10 seconds. Take a picture of your most creative "body sculpture" and send to Jays Care to earn points.

3 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

ACTIVE ALPHABET

Write down your name on a piece of paper and for every letter in your name, write an exercise that begins with the same letter. For example, Paul = push-ups, A = ab crunches, U = upper body stretches, L = lunges. The amount of letters in your first and last name is equal to how many repetitions you should do for every exercise. For example, a person named Paul Kim has 7 letters, and would do 7 repetitions of each exercise. Send Jays Care a video of you doing your exercises to earn points!

4 CREATIVITY CHALLENGE

POINTS: 10

ENGINEERING CHALLENGE

We challenge you to build your own boat! To make your boat that can actually float in water (tub and sink), you can use any recycling, paper products or craft supplies you can find in your home. Once your boat is built, try and see how much weight it can hold! Using coins you can find around your house, slowly place the coins in the boat to see how much it can hold! Once it's met max capacity, take a picture and send it into Jays Care so you can earn your points.

5 CREATIVITY CHALLENGE

POINTS: 10

DOMINO CHALLENGE

Using various materials that are all around your house, try and line up as many objects in a row. Once you have fully developed your domino design, get the camera ready to film the domino falling effect! More points will be rewarded to those who can use multiple levels within your home. Send your domino challenge to Jays Care to earn points.



6 CREATIVITY CHALLENGE

POINTS: 10

PAPER ROSE RINGS

Looking for some new jewelry? This is the craft for you! With just a pair of scissors, construction paper and a little bit of glue or tape, you can have some new fashionable jewelry! Following the instruction below, once your fingers are all blinged out, take a picture and send it along to Jays Care!

Step 1: Draw shapes on 3 different colours of construction paper.



Step 2: Cut out the swirl - rose and roll from the outside inwards.



Step 3: Roll the rose, until you get to the end. Add a piece of tape or glue to the end.



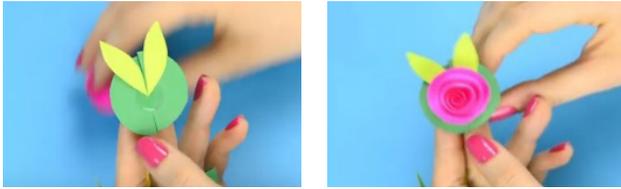
Step 4: Then take the construction paper you would like to use for the leaves and fold it in half. Cut out 2 leaves.



Step 5: This shape is the base of the ring. Cut a small slit and twist the two ends towards each other.



Step 6: Place glue on the flat surface of the base and place on your leaves and rose.



Step 7: Rose Ring Complete - Place on your finger!



7 CREATIVITY CHALLENGE POINTS: 10

CLOTHES ART

Find a picture in your house or a piece of art. Using your clothes, arrange your items on flat surface try to recreate the picture or art. Think about the colours and textures you'll need and then go find clothes that match! Send a picture to Jays Care to earn your points.

8 KINDNESS CHALLENGE POINTS: 10

EMOJI CHALLENGE

Create and draw your very own emoji that you could send to someone who has done something kind to you! Write and explain why you decided to draw this emoji. Send Jays Care a picture of your emoji to earn your points!

9 KINDNESS CHALLENGE POINTS: 10

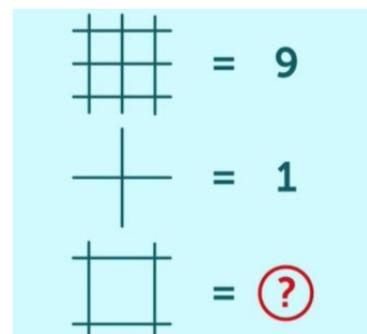
HUG CHALLENGE

Who needs a hug? I do! Send Jays Care a video of you giving out free hugs to members of your family to earn points. See how many hugs you can give in one day!

10 BRAIN CHALLENGE POINTS: 10

WHAT'S THE NUMBER?

Insert the missing number in the puzzle below.
HINT: Look for a pattern! Send in your answer to Jays Care to earn your points.



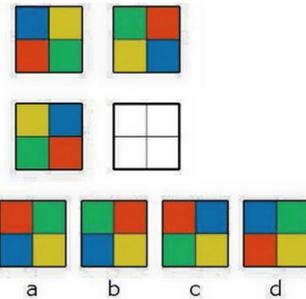
11**BRAIN CHALLENGE****POINTS: 10****SUDOKU LEVEL 2 CHALLENGE**

Fill in the missing numbers in the squares in the image on the right. Each row, column, and box must contain the numbers 1 to 9, but there can't be any repeats! Send a picture of your completed Sudoku board to Jays Care to earn your points.

1	6	7		2	8			
			6	1				
2	8							
					5		2	4
8	3	5	2	6	4	1	9	7
4					3	5		8
	2	8	3	4	1		5	
		3	7					1
5				8	6	4	3	2

12**BRAIN CHALLENGE****POINTS: 10****GUESS THE PATTERN**

Given these three patterned blocks, what should the pattern be on the fourth block? Choose from the answers listed below. Send in a picture of your answer to Jays Care to earn your points.

**13****VIDEO CHALLENGE****POINTS: 10****10 T-SHIRT CHALLENGE**

Do you think you can rock 10 t-shirts in an outfit? Make a video of yourself putting on each shirt until you are wearing 10 t-shirts at once and then strike a pose! *Please Note: DO NOT do this challenge if you are home alone. Make sure an adult is nearby to help you. Send your video to Jays Care to earn your points! Bonus points: if you can do it in the quickest amount of time!

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

Make a video showing us something that relates to a family tradition or your culture! This could be grandma's special recipe from her home country or an old family heirloom. Make sure to tell us why this item is so important to you or your family. Send your video to Jays Care to earn your points!

15**DAILY MEGA-CHALLENGE****POINTS: 50****INVENTIONS**

Create an invention that would benefit your community. For example, a robotic watering can that moves around and waters the flowers near your home! Draw what your invention would look like and create a name for it! Be sure to send in your inventions to Jays Care for 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. 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: _____

