



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 9 CHALLENGES - April 2nd

1 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

YIN YOGA CHALLENGE

Yin is a form of yoga that involves long holds, sometimes up to 10 minutes at a time. Pick your favourite stretch and hold it for 2-5 minutes. To start, try not to go too deep into the stretch so you don't strain your muscles! As time goes on, your muscles will loosen up and you will be able to go deeper. Make sure to repeat the stretch on both sides of your body (i.e. left arm and right arm). Capture a video of you holding the stretch and send it into Jays Care. Points will be awarded based on how long you can hold it and for how challenging of a stretch you choose!

2 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

RAPID POP FLY

Grab any ball in your house (a tennis ball works great) and time yourself for 2 minutes to see how many self-thrown pop flies you can throw and catch. In order to count as a pop fly, you must release the ball with your hand below your shoulders and the ball must go over your head. Send a video of you catching your pop flies to Jays Care to earn points.

3 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

RACE TO THE BASE

Did you know on average, it takes an MLB player 4.3 seconds to run from home plate to first base? Now it's your turn! Set up two imaginary bases using any items in your home - examples include cones, balls, pieces of paper, etc. You will also need a family member to time you with a stopwatch. To complete this challenge, you will need to run from base to base. Record your time on the stop watch and see how quickly you can do it. Submit a photo of you and the stopwatch showing your best time to earn your points!

4 CREATIVITY CHALLENGE

POINTS: 10

BUCKET TOSS

For this challenge, you will set up a bucket (or box, bin, etc.) 10 feet away from you. You will need 3 balls of any size (rolled up socks work too). Your goal is throw the balls into the bucket and try to land three in a row. You will need to keep track of how many shot attempts it takes you to land three in a row. Once you get three in a row, move back another 5 feet and try again. Submit a picture or video of you completing your bucket toss to earn your points!

5 CREATIVITY CHALLENGE

POINTS: 10

GLOVE AND BALL ARTS AND CRAFTS

Looking for a nice gift for a family member? Here's a craft you can make to give to that special person! Draw a glove and a baseball (like the ones below) on two separate pieces of paper. Cut your glove and ball out from the paper! Colour-in your glove and imprint the stitches on your ball. Glue the ball in the middle of the glove. Using paint, add your hand print on to the ball. If you don't have paint, use glue and pour on some pepper on your hand imprint. Your art is now complete! Send Jays Care a picture of your complete work of art to earn your points.



6 CREATIVITY CHALLENGE

POINTS: 10

MAKE A PYRAMID!

Create your biggest free-standing pyramid using household items (i.e. cups, toilet paper rolls, tissue boxes, cereal boxes etc.). Take a picture of your pyramid and send it to Jays Care to earn your points!

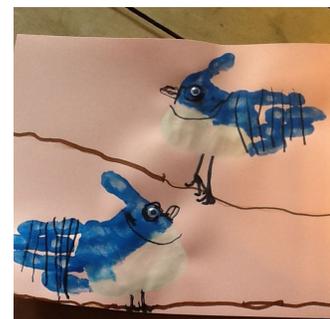


7 CREATIVITY CHALLENGE

POINTS: 10

CREATE A HANDCRAFTED BLUE JAY

Want to create your own Blue Jay? Well, you can make an awesome Blue Jay using some poster paint, your hand and a piece of paper. Simply paint your hand blue and then stamp it on the paper horizontally and press firmly, leaving a blue handprint. This will be the main body of the Blue Jay. Allow the paint to dry before moving on. When dried, give the Blue Jay an eye! This can be done if you have black paint or a pencil! Once completed, give your Blue Jay a beak, legs and some back ground details. Once completed, send Jays Care a picture of your art to earn your point!



8 KINDNESS CHALLENGE

POINTS: 10

E-CARDS

Let's show some love to those people who help keep our cities safe and functioning. People like bus drivers, paramedics, janitors, shop assistants etc. all do jobs that are essential, especially in these difficult times. Write or create a card that shows your appreciation for their efforts. Take a picture of the card and post it to social media. Send Jays Care a picture of your e-card to earn your points!

9 BRAIN CHALLENGE

POINTS: 10

WORD PUZZLES

To complete this challenge, you'll need to scroll to the bottom of the page to find the puzzle sheet. To earn your points, solve as many word puzzles as you can! Send a photo of your answers to Jays Care when you finish! ****See the puzzle sheet below!**

10 BRAIN CHALLENGE

POINTS: 10

DID YOU KNOW?

Check out these interesting facts:

Did you know...a crocodile cannot stick its tongue out?

Did you know...almonds are a member of the peach family?

What are some interesting facts that you know? Create a poster that displays some of the most interesting or whacky facts you know! Don't know any? Ask a family member for help or search the internet. Once you have some, make the most colourful and fun poster you can displaying your facts. Send Jays Care a picture of your poster to earn your points.

11 BRAIN CHALLENGE

POINTS: 10

ACE'S ADVENTURES

I wonder what wild adventure ACE is up to right now?!

To complete this challenge, write a story about a wild adventure that ACE has embarked upon! Who did he encounter?

What exciting or difficult obstacles did he have to overcome?

Send Jays Care a copy of your story to earn your points.



12 VIDEO CHALLENGE

POINTS: 10

WASHING HANDS EXPERIMENT

Want to be a science teacher for a day? Let's do an experiment that teaches others the importance of washing our hands! What you need (supplies):

- Bowl of water
- Some black pepper
- Hand soap or dish soap to wash your hands with

Sprinkle some pepper onto the surface of the water. Explain that the pepper represents the germs! Dip your finger gently into the water to see what happens (nothing happens). Take finger out, dry it, and wash your hands with soap. Dip finger into water again... what happens to the pepper this time? Send Jays Care a picture or video of your experiment in action to earn your points.



13**VIDEO CHALLENGE****POINTS: 10****THE VOICE OF THE BLUE JAYS**

What do all good sports announcers have in common? Answer: a great voice! Practice your best announcer voice and become like Buck Martinez. Next, film your family members going about their day but with you providing the audio commentary in your best Blue Jays announcer voice! Send you video to Jays Care to earn your points.

14**DAILY MEGA-CHALLENGE****POINTS: 50****BUILD A BLUE JAYS BIRDHOUSE**

Spring is just around the corner and that means many of the city's bird will be returning home looking for food and a place to sleep! Make a homemade birdhouse or birdfeeder out of items that you have in your home! Use a milk carton, water bottle, cereal box or anything that you can find to help the birds in your neighbourhood! Send Jays Care a picture of your creation to score your points. Extra points for a Blue Jays theme!



9

Perenniality Personality	STOOD mis	SOMEWHERE 	history history history	million
mini'llbetheute	chair	in vaders		ST AND
VISION	WALKING ICE	STORM	SXOT	ONCE 
PROMISE	VIOLETS	EKAC PINEAPPLE	DOOR	GET A WORD IN
COUNTRY COUNTRY	 3.14159	GROUND FEET FEET FEET FEET FEET FEET	RAKEN	BUSINES



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: _____

