



**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 10 CHALLENGES - April 3<sup>rd</sup>

### 1 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

#### LADDER CHALLENGE

Using books, shoes, or tape, create a series of 10 obstacles to jump over (like a fitness ladder). Time yourself jumping through the ladder. See how many times you can complete the ladder in one minute. Send a video of you completing it to earn your points.



### 2 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

#### HEADSTAND CHALLENGE

Did you know that the World Record for the longest headstand was set in India by Krishan Kumar? He stood on his head while indoors for three hours, three minutes, and 50 seconds! See how long you can last. Start by setting your own personal record against a wall. Then see how long you can do it without a wall. Send in a photo and your record to earn points.



### 3 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

#### KEEP IT UP

Using an inflated balloon or a rolled-up pair of socks, see how long you can keep the ball in the air. Start with your hands, then move to your feet and try to set a record. See if you can beat Chloe Heglen who is a ten-year-old from Canada who currently holds the world record! (4 hours and 40,000 touches!) If you want to learn more about Chloe, check out this video: <https://www.youtube.com/watch?v=HRknE8-VDT8>

### 4 CREATIVITY CHALLENGE

POINTS: 10

#### FASHION SHOW CHALLENGE

Using newspapers, magazines and other recycled materials in your home, create a new outfit. Use tape and string to make it really pop. Send a photo of you wearing your new outfit to earn points.



## 5 CREATIVITY CHALLENGE

POINTS: 10

### DESIGNER CHALLENGE

The next time you step outside, grab 3-5 rocks. Paint each rock in your own creative pattern. Next, create a little colourful rock garden to showcase in your home and bring a little sunshine inside. Send us a photo of you and your rock garden to earn points.



## 6 CREATIVITY CHALLENGE

POINTS: 10

### PAPER AIRPLANE CHALLENGE

Create an aerodynamic paper airplane. Decorate it. Next, create a target using paper, scissors and markers. Test your aim to see how many times you can launch your paper airplane through your target successfully! Send a photo or video of your completed projects to earn points.



## 7 CREATIVITY CHALLENGE

POINTS: 10

### HOMESCHOOL CHALLENGE

If you are learning at home - that means you're currently part of a homeschool. Great homeschools have names, and school crests and even school mottos. Create a name for your homeschool, a crest and school motto. Send a photo of what you've created in to earn your points.

## 8 KINDNESS CHALLENGE

POINTS: 10

### SCAVENGER HUNT

Create a five-step scavenger hunt for a sibling or a parent. Come up with fun clues for each step and a prize for the last step (the prize can be a nice note, a treat, or simply a hug). Take a photo of all of your clues and your family member who completed the scavenger hunt to earn your points.

## 9 KINDNESS CHALLENGE

POINTS: 10

### MESSAGE FOR ALL

If you could share a message of positivity with the rest of the world what would you share? Write a message of hope, positivity or kindness that you want to share with the rest of the world using paper and markers. Once complete, hang it in your window to show the world some love! Send Jays Care a picture of your message to earn points.

**10 BRAIN CHALLENGE** **POINTS: 10**

**SIGN LANGUAGE CHALLENGE**

Learning a new language can really challenge and stretch your brain. Link to one of the short videos below to learn how to say ten phrases in ASL sign language. Send a video of you saying five of them to earn your points.

<https://www.youtube.com/watch?v=RaaOvBXA8OQ>  
<https://www.youtube.com/watch?v=v1desDduz5M>

**11 BRAIN CHALLENGE** **POINTS: 10**

**CROSSWORD CHALLENGE**

Create a crossword that includes at least 10 words that start with the letter "P". Create clues for each word. Next, challenge a family member to try to complete it. Send a photo of your completed crossword to earn points.



**12 BRAIN CHALLENGE** **POINTS: 10**

**CARD TOWER CHALLENGE**

Great minds are able to focus – and that’s exactly what you need to do in this challenge. Build a card tower that is at least 4 levels high. Take a photo of you with your creation to earn your points.



**13 VIDEO CHALLENGE** **POINTS: 10**

**WATER BOTTLE FLIP CHALLENGE**

Create your own water bottle flip challenge video. Send us a copy for points. Get inspiration from these kids:

[https://challengestodo.com/challenges-for-kids-sleepovers/#2\\_Water\\_Bottle\\_Flip\\_Challenge](https://challengestodo.com/challenges-for-kids-sleepovers/#2_Water_Bottle_Flip_Challenge)

**14 VIDEO CHALLENGE** **POINTS: 10**

**FILM TRAILER**

If you would be able to make your own blockbuster film, what would it be about? Well, here is your chance to bring it to life! Record a film trailer with you playing the lead role. Send your film trailer to Jays Care to earn your points. Extra points given for family member and pet cameos and use of props!

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

Some amazing authors all over the world were as young as 6 when they wrote their first books. Create a children's book with a story and illustrations. To earn Mega points, it needs to be at least 10 pages long and include a monster named Ned. Good luck! Send photos of each page of your book 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). 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: \_\_\_\_\_

