



**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), or <https://www.dropbox.com/request/HOFc6LHQGOjERBE9Siyu>. 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 6 CHALLENGES – March 30<sup>th</sup>

## 1 PHYSICAL ACTIVITY CHALLENGE POINTS: 10

### RUN THE BASES!

Take a walk around your house. Try to find these four items: a pillow, a book, a plate, and a door. Once you have found them, leave them where they are. Start at the first item (home plate) and run to each other items (all 3 bases) before heading home. Try it a few times and aim to beat your last time. Send Jays Care a video of you running the bases to earn your points.

## 2 PHYSICAL ACTIVITY CHALLENGE POINTS: 10

### DANCING GROUNDS CREW

Did you know that during every professional baseball game, a grounds crew cleans the field halfway through?! Some even stop and dance! Turn on your favourite song and dance around your home, tidying up as you go. Send us a video of your best grounds crew dance to earn your points.



## 3 PHYSICAL ACTIVITY CHALLENGE POINTS: 10

### LUCKY FITNESS

Have some dice lying around from a board game? Want to make your own? Grab dice and create exercises for each number you can roll! For example, if you roll a 2, do 5 jumping jacks. See if you can roll the dice and try every exercise. Send Jays Care a picture of you exercising to earn your points.

## 4 CREATIVITY CHALLENGE POINTS: 10

### APRIL SHOWERS BRING MAY FLOWERS!

Spring is here and you know what that means! April Showers bring May Flowers! Let's get creative and create our own.

#### Supplies:

- Paper and pencil
- Pink, white, red and brown paint
- Q-tip
- Willing arm

1. Trace around your arm using a pencil and paint



2. Gather a selection of pink and red paint/colours. Once all the colours are formed, add a q-tip to each shade. Cover the q-tip in paint and dot it around the handprint, using one colour at a time. If you are using the pencil crayons, colour in small circles around the handprint.



3. Keep doing this until you are satisfied with your Blossom Tree!



4. Take a picture of your tree and send it to Jays Care to earn your points!

**5 CREATIVITY CHALLENGE** **POINTS: 10**

**SELL YOUR ITEM!**

Choose one item from your house and sell it to your audience. Get creative and think of all of the different ways you can use that item. Present your item in a 45 second to a minute video and send it over to Jays Care to earn your points!

**6 CREATIVITY CHALLENGE** **POINTS: 10**

**BE PRIME MINISTER FOR A DAY!**

Prepare a 45 second speech as if you were the Prime Minister of Canada. We want you to talk the talk and walk the walk. Bring that Prime Minister swagger! Your job is to inspire Canadians to stay positive through this time by using your words of hope and encouragement!



## 7 KINDNESS CHALLENGE

POINTS: 10

### GRATITUDE LIST

Did you know that writing down the things you are grateful for each morning can make a big difference in how you feel about the world? Sharing your list with someone you care about can have a huge positive impact on them as well. Write down 20 things you're grateful for and share it with a family member. Send a photo of your gratitude list to Jays Care to earn your points.

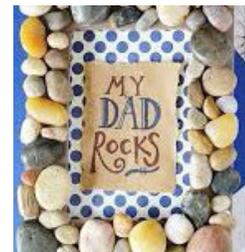


## 8 KINDNESS CHALLENGE

POINTS: 10

### YOU ROCK CARD

Think of someone who you think is fantastic! Someone who makes you smile, or makes you laugh, or helps you out when you're feeling down. The next time you get some fresh air, collect some rocks and make them a You Rock card. See the image beside for an example. You just need, rocks, glue, some old cardboard and some markers. Send Jays Care a photo of your gift before you give it away to earn your points.



## 9 BRAIN CHALLENGE

POINTS: 10

### DRAW BLINDFOLD CHALLENGE

Find a picture in your house - it can be a picture of anything. Take a long look at it, try to memorize all the details of the picture. Once you are ready, close your eyes (or blindfold yourself) and try to recreate the picture using markers and some paper. No peeking! Send Jays Care a picture of your creation to earn your points.

## 10 BRAIN CHALLENGE

POINTS: 10

### DAILY RIDDLE

Q. A man fell off of a 100-foot ladder, but he didn't get hurt. How is this possible?

Think about it...we'll wait. Send Jays Care your answer to earn your points.

## 11 BRAIN CHALLENGE

POINTS: 10

### HOMEMADE PUZZLE

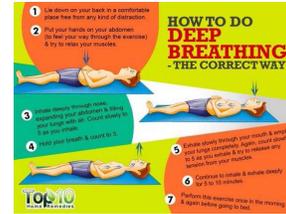
Find an old newspaper or magazine. Find a full-page image and cut it out. Once you have your image, cut it into tiny shapes, just like in a jig saw. Once you have cut up all the pieces into a pile, see how long it takes you to put the image back together. Send Jays Care a picture of your puzzle to earn your points.

## 12 HEALTHY ATHLETE CHALLENGE

POINTS: 10

### ZEN CHALLENGE

Controlling your breathing is a great way to relieve stress and anxiety. Take 10-15 minutes in a quiet room to relax and practice your deep breathing. Send Jays Care a picture of you in your zen space to receive your points.



## 13 HEALTHY ATHLETE CHALLENGE

POINTS: 10

### SAY YES TO WATER

Use your water tracker from Week 1 (March 23 - March 27) to track your water intake this week. Try to reach the recommended number of 8 glasses of water a day. Send Jays Care a picture of your water chart for the week to receive your points.

## 14 HEALTHY ATHLETE CHALLENGE

POINTS: 10

### HEALTHY EATING GOAL SETTING CHALLENGE

Set three healthy eating goals for yourself. Track how well you do at meeting your goals over the course of a week. Send Jays Care a picture of your goals or you eating healthy to earn your points.

## 15 DAILY MEGA-CHALLENGE

POINTS: 50

### SQUARE ART

Create a large drawing. Take time to make it of something you feel proud of. Next, divide the drawing into at least 12 equal sized squares. Colour each square in a different way, using different colours and different patterns. Send in a photo of your finished artwork with you sitting beside it to earn your 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) , or <https://www.dropbox.com/request/HOFc6LHQGOjERBE9Siyu>. 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: \_\_\_\_\_

