



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, 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). 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 12 CHALLENGES - April 7th

1 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

FANTASTIC BAT FLIPS

Have you ever seen Jose Bautista's famous bat flip from the 2015 ALDS? If you haven't, look it up online! Send Jays Care a video of you recreating the bat flip to earn your points. **BONUS:** Wear your Blue Jays gear for bonus points!

2 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

KNEE TAG

For this activity, you need a partner. Stand with your feet about shoulder-width apart in an athletic fielding stance, and face your partner with your hands on your own knees. Each person will attempt to touch the unguarded knee of their partner as often as possible to score a point. After 20 seconds, the person with the most points wins. Send Jays Care a video or picture of your knee tag in action to earn your points.

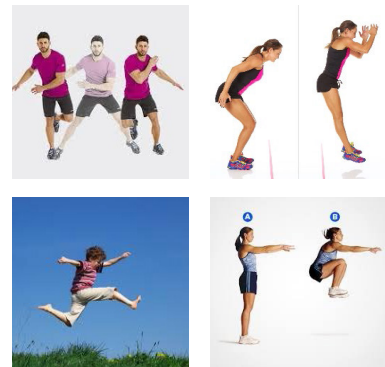
3 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

LEAPS OF FAITH

This challenge is all about jumping!

Perform: 10 jumping jacks, 10 over-the-log jumps, 10 leap frog jumps, 10 side to side jumps and 10 tuck jumps. See how many times you can repeat this sequence. Send Jays Care a picture of you completing your jumps to earn your points.



4 CREATIVITY CHALLENGE

POINTS: 10

FAMILY PLAYLIST PARTY

Create a playlist with your family's favourite songs and come up with a creative name of it. Have a dance party! Send Jays Care a picture of your family dance party to earn your points.

5 CREATIVITY CHALLENGE

POINTS: 10

INDOOR PICNIC

Make some snacks, grab a blanket, and put together an indoor picnic for your family to enjoy at any time. Send Jays Care a picture of your family picnic in action to earn your points.

6 CREATIVITY CHALLENGE

POINTS: 10

PLAN A (FUTURE) TRIP

Come up with a creative day-trip you and your family can take in the future. This can be something that requires travel or something as simple as a walk in your neighborhood to enjoy the things near you! Get as detailed as you can and draw out your plan. Send Jays Care a picture of your plan to earn your points.

7 KINDNESS CHALLENGE

POINTS: 10

SURPRISE CHORES

One of the easiest ways to make your parent or guardian's day is by doing chores when they least expect it. Decide on three surprise chores (i.e. sweep the stairs, make someone else's bed, do the dishes, clean the sink) and do them. Take a photo of you doing each chore and send it to Jays Care to earn your points.

8 KINDNESS CHALLENGE

POINTS: 10

AWARDS CEREMONY

Create an award for each member of your family using markers and paper. Think of something that each person deserves an award for. Host a small awards ceremony and give out each award. Take a photo of all recipients holding their awards and send it to Jays Care to earn your points.



9 BRAIN CHALLENGE

POINTS: 10

MATH TIME

Alex has more than two dogs at home. All of them are corgis, except for two. All of them are pugs, except for two. All of them are labs, except for two. What kinds of dogs and how many of each kind does Alex have? Send your answer to Jays Care to earn your points!

10 BRAIN CHALLENGE

POINTS: 10

DAILY RIDDLE

Q. What gets wetter the more it dries?

Send your answer to Jays Care to earn your points!

11 BRAIN CHALLENGE

POINTS: 10

RAPID WORDS

In 30 seconds, say as many words as you can that start with the same letter. Try to do it for every letter in the alphabet. Send Jays Care a video of you completing your words to earn points.

12 HEALTHY ATHLETE CHALLENGE

POINTS: 10

HEALTHY COOKBOOK

Do you have family recipes that have been passed down from generation to generation? Now is the time to compile all of your favourite family recipes into one place! You have been challenged to create a family cookbook of all of your favourite meals. Make sure to include the instructions about how to make your meal and draw a picture of what the finishing product should look like! Share your cookbook with Jays Care to receive your points! Try your best to continue to add to your cookbook each week!

13 HEALTHY ATHLETE CHALLENGE

POINTS: 10

COOKING CLASS CHALLENGE

Find a healthy cooking recipe online or from a family or friend. Prepare the meal/snack once following the instructions. Once you have mastered the recipe, ask someone to film you teaching how to make the meal/snack a second time as though you are a cooking instructor. Share your video with Jays Care to earn your points.

14 HEALTHY ATHLETE CHALLENGE

POINTS: 10

GROW YOUR VERY OWN HOME GARDEN

Have you ever noticed that there are seeds on the inside and outside of some of your favourite fruits and vegetables (i.e., peppers)? Use these seeds to grow your favourite fruits and vegetables in your very own home! Find a pot, some soil and plant your seeds and see how they grow! Place your home garden by a window and continue to monitor and water your seeds everyday! Share your garden with Jays Care to earn your points.

15 DAILY MEGA-CHALLENGE

POINTS: 50

MONSTER MARBLE RUN

Using recycled materials and tape, create the longest marble run possible. Consider moving from one floor, down the stairs, around the corner and to the next! Make your marble lands in a bowl of water at the end! Take a video of your run and send it to Jays Care 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, 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.

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: _____

