



**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 13 CHALLENGES - April 8<sup>th</sup>

### 1 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

#### FACE STRETCHES

Did you know that there are 43 muscles in your face? Just like all muscles, they need stretching out. Come up with a stretch routine for the muscles in your face. Practice moving these muscles and send Jays Care a picture or video of your routine to earn your points.

### 2 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

#### FITNESS CARDS!

Do you have a deck of cards lying around? Come up with 4 different exercises, one for each suit

**Example:**

Hearts - jumping jacks

Spades - squats

Clubs - side shuffles

Diamonds - arm circles (left and right)

Whenever you pull a card from the deck, perform the exercise of that suit based on the number shown on the card. If you pull a 9 of diamonds, do 9 arm circles, left and right. If you pull a face card that means you must do as many as you can! Send Jays Care a picture of you completing your exercises to earn your points.

### 3 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

#### HUMMINGBIRD

Did you know the average Hummingbird beats it wings 1,260 times in a minute? If you tried to flap your arms (wings) like a bird, how many times could you do it in a minute? Send Jays Care a video of your best attempt to earn your points.

### 4 CREATIVITY CHALLENGE

POINTS: 10

#### CARDBOARD MAZE

Calling all maze runners! Use a cardboard box to create a maze board. Tape down straws, sticks or other obstacles that create a maze formation! You can make it more difficult by adding holes in the bottom of your box or by adding different dead-end routes for your ball to end up. Use a ball, marble or any object (like a frozen pea) and navigate your way through the maze!



## 5 CREATIVITY CHALLENGE

POINTS: 10

### MAKE YOUR OWN BOARD GAME

What's your favourite board game? Can you use some of the rules from different board games you've played to make your very own board game? Think of rules, challenges and use items you have in your home to make the best board game ever! Send Jays Care a picture of your board game to earn your points

## 6 CREATIVITY CHALLENGE

POINTS: 10

### A LETTER TO YOUR FANS

You are a top celebrity or athlete with millions of fans wanting to know all about how you're spending your time. How are you keeping busy? What are you doing for fun? How is your indoor swimming pool and basketball court doing? All of your fans want to know! Don't forget to finish your letter with an autograph or a photo so your fans know you're thriving! Send Jays Care a picture of your letter to earn your points!

## 7 KINDNESS CHALLENGE

POINTS: 10

### JOKES OF THE DAY

Making people laugh can be a huge gift. Take time to think or research the best 5 jokes that you think will make your whole family laugh. Write them down. Wait until you're all together and then read each joke out as a gift for your family. Take a photo of your top 5 jokes (written down) and send them to Jays Care to earn your points.

## 8 KINDNESS CHALLENGE

POINTS: 10

### REACH OUT CHALLENGE

Think of someone you haven't spoken to in a while who you really miss. Take the time to write them a note that helps them know how much you miss them. Send a photo of the note to your friend and a photo to Jays Care to earn your points.



## 9 BRAIN CHALLENGE

POINTS: 10

### MATH TIME

I am a three-digit number. My tens digit is six more than my ones digit. My hundreds digit is eight less than my tens digit. What number am I? Send your answer to Jays Care to earn your points!

## 10 BRAIN CHALLENGE

POINTS: 10

### DAILY RIDDLE

What goes up but never comes back down?

Send your answer to Jays Care to earn your points!

## 11 BRAIN CHALLENGE

POINTS: 10

### BACKWARDS IN TIME

Say the days of the week, or the months of the year, in backward order as fast as you can. Repeat! If playing with a partner, use a stopwatch to see who can go the fastest. Send your video to Jays Care to earn your points!

## 12 HEALTHY ATHLETE CHALLENGE

POINTS: 10

### RESET YOUR SLEEP

Throughout this unique time, you may not be getting the best sleep. Lay down and have a 15 minute nap to reenergize your body and your mind. Earn your points by napping!

## 13 HEALTHY ATHLETE CHALLENGE

POINTS: 10

### FRIDGE DETECTIVE

Look through your fridge and cupboards. Pick out five items you think are the healthiest. Explain why you picked these items to a family member. Make a healthy snack using at least two of the ingredients. Take a photo of you eating the snack and send it to Jays Care to earn your points.

## 14 HEALTHY ATHLETE CHALLENGE

POINTS: 10

### HEALTH DETECTIVE CHALLENGE - SUGAR INVESTIGATOR

Time to research! Find out what happens to people's bodies when they eat too much sugar. Make a poster that teaches why we should limit our sugar and gives people at least 3 ideas of low sugar foods they should try to eat more often.

## 15 DAILY MEGA-CHALLENGE

POINTS: 50

### MAKE YOUR OWN WINGS

Use scrap paper to cut and colour a hundred different feathers. Next, using a big piece of cardboard, glue the feathers down to make two big wings. Take photos of you and your family in front of your new wings and send the photos to Jays Care 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: \_\_\_\_\_

