



**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 14 CHALLENGES - April 9<sup>th</sup>

### 1 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

#### TAPE SHAPES!

Use tape to create a variety of shapes on the floor. Stand on one of the shapes to start, and come up with as many different ways to move from one shape to the other.

**Example:**

"Bear crawl to the triangle"

"Hop on one foot to the circle"

"Side shuffle to the square"

See how many shapes you can create and how many different ways you can travel to them! Send Jays Care a picture of your shapes to earn your points.

### 2 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

#### KEEP THE BALLOON UP

Using a balloon, see how many times you can touch it to keep it in the air without it hitting the floor. Too easy? Now try using only your head, or your feet! Send Jays Care a picture to earn your points.

### 3 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

#### BUNTING RANGE

Create your own driving range inside to practice your bunting! Find some household items to use as a bat and a ball and practice aiming your bunts in different areas! Create a point system for different areas or distances and keep track of how many points you can rack up! Give yourself a time limit and score as many points as possible! Send Jays Care a picture of you bunting to earn your points.

### 4 CREATIVITY CHALLENGE

POINTS: 10

#### CREATE YOUR OWN RESTAURANT MENU

Who's hungry?! It's time to create your own restaurant menu! Include meals for breakfast, lunch or dinner based on your dream restaurant. Include all food groups and ensure there are healthy options that people can choose from as well. Add your restaurant name and logo to the top of the menu, to make it uniquely yours. Send Jays Care a picture of your menu to earn your points.

## 5 CREATIVITY CHALLENGE

POINTS: 10

### FOOD DESIGN CHALLENGE

Design a baseball diamond using food items! Points will be awarded for the creativity of the diamond as well as the variety of food items you use. Send Jays Care a picture of your final product to earn points.

## 6 CREATIVITY CHALLENGE

POINTS: 10

### SPELL YOUR NAME!

Spell out your first name on the floor using items from around your house. You can use clothing, blankets or any other household items. Points will be awarded based on creativity. Send a picture to Jays Care of your name to earn points!

## 7 KINDNESS CHALLENGE

POINTS: 10

### COMMUNITY MURAL

If you can, take some time to be outdoors in your community. Find an open sidewalk to begin a community chalk mural where others can take part and contribute their art work! Ask questions that they can answer and create spaces for them to draw their own contributions. Send a photo to Jays Care to earn your points.



## 8 KINDNESS CHALLENGE

POINTS: 10

### SPA TREATMENT

Create a mini-spa for someone in your home. Consider offering a hand massage with hand lotion, a back massage, some nail painting, and a home-made face mask:

(1) Combine one egg yolk, one tablespoon of honey, and one tablespoon of olive oil (yes, olive oil) with half a cup of oatmeal. (2) Stir well, then apply it to your face for 15-20 minutes. (3) Rinse with lukewarm water (make sure your drain is cool with oatmeal!) and then moisturize.

Take a photo of your spa guest in their home-made spa to earn your points.



## 9 BRAIN CHALLENGE

POINTS: 10

### MATH TIME

A grandmother, two mothers, and two daughters went to a baseball game together and bought one ticket each. How many tickets did they buy in total?

Send your answer to Jays Care to earn your points!

## 10 BRAIN CHALLENGE

POINTS: 10

### DAILY RIDDLE

How can you tell the difference between dogs and trees?

Send your answer to Jays Care to earn your points!

## 11 BRAIN CHALLENGE

POINTS: 10

### BACKWARDS SPELLING

Pick a word, and spell it out loud. Here's the difficult part now try to spell that word backwards. See what the longest word is you can spell backwards. Send a video to Jays Care to earn your points!

## 12 HEALTHY ATHLETE CHALLENGE

POINTS: 10

### COMMERCIAL CHALLENGE

Create a short commercial that challenges kids across the country to make healthy choices. Ask a parent or guardian to video it. Send it to Jays Care to earn your points!

## 13 HEALTHY ATHLETE CHALLENGE

POINTS: 10

### VEGGIE PEOPLE

Go into your fridge and find 5 different fruits and vegetables. Try to create a stand up veggie person using each item. You can use alternate material (i.e., toothpicks) to make your veggie person stand. Take a selfie with your veggie person and send it in to Jays Care. Now you can eat him!!!

## 14 HEALTHY ATHLETE CHALLENGE

POINTS: 10

### GRATITUDE CHALLENGE

Think about people in your life who encourage you to get active and be healthy. Write one of them a thank you note. Send a picture of that note to Jays Care to earn your points.

## 15 DAILY MEGA-CHALLENGE

POINTS: 50

### DESIGN YOUR OWN SHOES

Become a fashion designer and create a pair of brand new shoes! Using construction paper, tape and markers create a pair of shoes. Be sure to include a logo for your company on the side. Send a photo of your feet modelling your new shoes and send the photo 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](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: \_\_\_\_\_

