



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 15 CHALLENGES - April 10th

1 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

TARGET TOSS

Grab your indoor ball and some household items for targets. Things like pillows and laundry baskets are easy to use as targets. Aim and throw at those targets! Create a point system for each target and try to see how many points you can get in 5 minutes! Send Jays Care a picture of your target range to earn your points.

2 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

PUDDLE JUMPING

Is it raining out? Nevermind, here's a chance to get active. Throw on your most waterproof gear and go find some puddles to jump in. Practice jumping from puddle to puddle and seeing how far you can jump. Remember to wipe your feet before going back inside. Send Jays Care a picture of you outside in the rain to earn your points

3 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

FLASHLIGHT SCAVENGER HUNT

Pick some objects to use for a scavenger hunt. Next, grab some flashlights and turn off the lights! See if you or your family members can find all the hidden items using the flashlights! Send Jays Care a photo or video of your scavenger hunt to earn your points.

4 CREATIVITY CHALLENGE

POINTS: 10

DRAW A PORTRAIT

Draw a portrait of a friend or family member using a pen and paper. Points will be awarded based on the detail of your portrait. Send Jays Care a picture of your portrait to earn your points!

5 CREATIVITY CHALLENGE

POINTS: 10

DESIGN AN AWARD OF THE WEEK

Design a weekly award that you can give out to a friend or family member. Determine 1) a name for the award (i.e. hero of the week) 2) how you decide who earns the award and 3) what does the award recipient receive (i.e. a certificate, a baseball, etc.) Send a video to Jays Care explaining your award as well as who you will be receiving it!

6**CREATIVITY CHALLENGE****POINTS: 10****NATURE NOISES**

Using materials and objects found in your house, try to recreate the sounds of nature. Is that the wind I hear blowing? Or is that a waterfall I hear? Send a video of your nature noises to Jays Care to earn your points!

7**KINDNESS CHALLENGE****POINTS: 10****FLY A KITE CHALLENGE**

Make a family kite using paper, cardboard, tape and markers. This kite should include the names of everyone in your family. Once it's ready, invite your family outside to watch you fly it. Take a photo of your family holding your kite to earn your points.

8**KINDNESS CHALLENGE****POINTS: 10****MOVIE IN A FORT**

Make a fun and cozy fort out of pillows and cushions and sheets. Be sure that you can see a television from one side of it. Once it's ready, invite a family member into your fort to watch a cozy movie with you. Take a photo of you and your family member in your fort to earn your points.

9**BRAIN CHALLENGE****POINTS: 10****MATH TIME**

When Miguel was 6 years old, his little sister, Leila, was half his age. If Miguel is 40 years old today, how old is Leila?

Send your answer to Jays Care to earn your points!

10**BRAIN CHALLENGE****POINTS: 10****DAILY RIDDLE**

What is easy to get into but hard to get out of?

Send your answer to Jays Care to earn your points!

11**BRAIN CHALLENGE****POINTS: 10****MEMORY ROOM**

With a partner. Ask them to memorize the position of every item in a room. Then ask them to leave the room. Next move one item to a new spot. Ask them if they can identify what has move. If they get it switch roles and play again! Send a picture to Jays Care of you playing this game to earn your points!

12 HEALTHY ATHLETE CHALLENGE

POINTS: 10

WATER INSPECTOR!

Find out five important facts about water and why humans need it each and every day. Create a poster that teaches other people those important facts! Don't forget to send a picture of your poster to Jays Care for points!

13 HEALTHY ATHLETE CHALLENGE

POINTS: 10

PICTURE DRAWING CHALLENGE

Draw a picture of your 5 favourite healthy foods. Send a picture of your drawing to Jays Care to receive points!

14 HEALTHY ATHLETE CHALLENGE

POINTS: 10

SILLY STORY CHALLENGE

Imagine if your favorite healthy foods could talk!? Create, write, draw or say out loud a story about a day in the life of your favorite healthy food! Take a picture of your story/drawing, or film yourself reading the story out loud and send it to Jays Care!

15 DAILY MEGA-CHALLENGE

POINTS: 50

SONG WRITING CHALLENGE

Write a song about what it's been like to be away from school for long. It can be sung to the tune of an existing song - but should include at least three verses that are original and about the past few weeks of life. Once you've memorized it, take a video of you singing it and send it in 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: _____

