



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 16 CHALLENGES - April 13th

1 PHYSICAL ACTIVITY CHALLENGE POINTS: 10

HOPSCOTCH MASTER!

Get creative and make your own hopscotch board! You can make this outside with sidewalk chalk or inside with tape or other household items. Send Jays Care a picture of your hopscotch design to earn your points! **BONUS:** Bonus points if you can incorporate different fitness exercises into your hopscotch board!



2 PHYSICAL ACTIVITY CHALLENGE POINTS: 10

RAINBOW SCAVENGER HUNT!

Write down all of the colours of the rainbow and try to find items in your house that match each colour! Time yourself to see how fast you can find the items or challenge a family member to complete it! Send Jays Care a picture of your rainbow scavenger hunt items to earn your points.

3 PHYSICAL ACTIVITY CHALLENGE POINTS: 10

JUMPING JACK CHALLENGE!

How many jumping jacks do you think you can do in one minute? Start the timer and go! Write down how many jumping jacks you completed and then try to beat it! Send Jays Care a picture of you performing your jumping jacks to earn your points.

4 CREATIVITY CHALLENGE POINTS: 10

TAXI DRIVER CHALLENGE

Imagine you are a taxi driver for a day. Set up your taxi using chairs and grab a pillow for a steering wheel. Next, invite your family to ride in the taxi. What are the 5 most interesting questions you would ask your rider to strike up a good conversation? Write down your question list and submit it to Jays Care to earn points!

5 CREATIVITY CHALLENGE

POINTS: 10

PIZZA DESIGNER

Imagine the world's greatest pizza! What toppings would go on it? Design the most creative pizza that's ever been created, and then send a one minute video to Jays Care explaining the name of the pizza, what toppings are on it and why you chose these toppings!

6 CREATIVITY CHALLENGE

POINTS: 10

WORLD SERIES SPEECH

It's the final game of the World Series and you are managing the Blue Jays! The players are counting on you to motivate them with a pre-game speech. Record yourself giving a 30 second speech that inspires them to go on the field and give it their best! Send Jays Care a video of your passionate speech to earn your points!

7 KINDNESS CHALLENGE

POINTS: 10

RAINBOWS OF HOPE

Following social distancing and school closures, children are staying connected with one another by putting their best handmade rainbow artwork in their windows for others to see! The idea is to keep people smiling and connected while spreading hope for those out on walks. Create your own handmade rainbow and send Jays Care a picture of it posted in your window to earn your points!



8 KINDNESS CHALLENGE

POINTS: 10

LONG DISTANCE HUG

Let a family member or friend know you are thinking of them by mailing them a long-distance hug!

- Start by creating a handprint with your favourite colour or paint.
- Next, cut out the handprints and reinforce them with construction paper.
- Now measure ribbon or string so that it matches your entire arm span for the hug.
- Attach the ribbon to the handprints by hole-punching the base of the hand and tying the ribbon or by gluing.
- Write a kind message and mail your hug!



Send a picture to Jays Care of your long-distance hug to earn your points!

9 BRAIN CHALLENGE

POINTS: 10

MATH TIME

The total cost for a new pair of headphones and a new pair of sunglasses is \$140. The headphones cost \$100 more than the sunglasses. How much do the headphones cost? Send your answer to Jays Care to earn your points.

10 BRAIN CHALLENGE

POINTS: 10

DAILY RIDDLE

I run all around the field but never move. What am I?

Send your answer to Jays Care to earn your points.

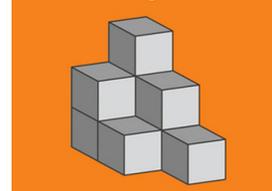
11 BRAIN CHALLENGE

POINTS: 10

COUNT THE BLOCKS

Can you work out how many blocks are in this 3D tower? Is it 7, 8, 9 or more? Send Jays Care your answer to earn your points.

How many blocks?



12 HEALTHY ATHLETE CHALLENGE

POINTS: 10

I TRY

Have you ever tried kiwi, mangos or brussels sprouts? Well today's the day to take your taste buds on a new adventure! Step into your stretch zone this week and try one new healthy food a day! Keep track of what new foods you try each day and share them with Jays Care to earn your points.

13 HEALTHY ATHLETE CHALLENGE

POINTS: 10

FOOD ART!

Have you ever made the most amazing artwork with your food? The best part is that you get to eat it after! Using your favourite healthy foods, create your very own masterpiece on your plate before eating it. Send a picture of your masterpiece to Jays Care to earn your points.

14 HEALTHY ATHLETE CHALLENGE

POINTS: 10

SHARING THE HEALTH

They say that sharing is caring! In this challenge, you need to make a healthy snack for everyone in your family using your favourite healthy foods. Take a picture of your family enjoying your snack and send it to Jays Care to earn your points.

15 DAILY MEGA-CHALLENGE

POINTS: 50

TOILET PAPER BIRD FEEDERS

Looking for something to do with your leftover toilet paper rolls? Try making a toilet paper roll bird feeder! Start by running a long piece of string through an empty toilet paper roll and tie it together at the ends. Then, smear peanut butter (or any nut butter you have) all over the surface of the roll. Next, roll it through birdseed and hang the feeder up for the birds to see. Try keeping track of all the different birds who stop by for a snack. Take a photo of your homemade creation and send to Jays Care to collect your 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: _____

