



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

## 1 PHYSICAL ACTIVITY CHALLENGE POINTS: 10

### STORYTELLING STRETCHING

To start this challenge, you need to write a sentence. It can be about anything, your family, yourself, whatever you like! Once you've constructed your sentence, shape your body into the same shape as the letters in your sentence! This challenge can be big or small depending how long your sentence is! Send Jays Care a video of you spelling out your sentence with your body to earn your points.

## 2 PHYSICAL ACTIVITY CHALLENGE POINTS: 10

### SKIPPING ROPE ROCK!

Grab your skipping rope, or make one using string or twine, and get ready to rock out! Your challenge is to play your favourite song and try to jump rope without stopping until the song ends. Send Jays Care a video of you in action to earn your points.

## 3 PHYSICAL ACTIVITY CHALLENGE POINTS: 10

### SPINNER FITNESS!

Get out some paper, pens, pencils and crayons and create your own fitness spinner! You can make your own with a clip like this: OR, you can hold a pen with the tip facing down where that clip would go and spin away! Make each section on your spinner a different exercise and spin it 10 times! See if you can use your spinner everyday! Send Jays Care a picture of your fitness spinner to earn your points.



## 4 CREATIVITY CHALLENGE POINTS: 10

### ROGERS CENTRE HOT DOG CHALLENGE

For a baseball fan, nothing can beat the excitement of catching a live game to cheer on your favourite team. While at the game, many fans like to enjoy a ballpark classic - a hot dog. Your challenge is to design 5 new hot dogs that Rogers Centre can offer Blue Jays fans in the future! What kind of toppings will you add to each one? Send Jays Care a picture of your menu once it is complete! Points will be awarded for the most creative and mouth-watering hot dogs!

## 5 CREATIVITY CHALLENGE

POINTS: 10

### 30-DAY GOALS!

Isolation can have its upsides, especially if you set yourself goals! While social distancing at home, think of three things you want to achieve in the next 30 days! It could be to spot 3 new birds out the window, learn all the lyrics to a new song or to bake a chocolate cake. Send your 30-day goals to Jays Care to earn your points, then get busy achieving them.

## 6 CREATIVITY CHALLENGE

POINTS: 10

### DRAGON'S DEN - JR. ENTREPRENEUR EDITION

If you had the opportunity to start your own business, what would it be? Why would you choose it? What's your inspiration? Once you have your business idea drawn up and your pitch ready to go, send Jays Care a video and convince us of why we should invest in you!

## 7 KINDNESS CHALLENGE

POINTS: 10

### POSITIVITY STICKY NOTES

Try and boost the positivity around your home by leaving sticky notes with positive messages (i.e., "You are amazing, smart, and talented") on surfaces around your house for your family members to find! Send a photo of you and your positive messages to Jays Care to earn your points!

## 8 KINDNESS CHALLENGE

POINTS: 10

### GRATITUDE GREETERS

Write and decorate a card to share with your favourite Blue Jays players. Let them know why they are your favourite and what you love about baseball. Send Jays Care a photo of you and your card to earn points!

## 9 BRAIN CHALLENGE

POINTS: 10

### MATH TIME

Leon works at the aquarium. When he tries to put each turtle in its own tank, he has one turtle too many. But if he puts two turtles per tank, he has one tank too many. How many turtles and how many tanks does Leon have?

Send your answer to Jays Care to earn your points!

## 10 BRAIN CHALLENGE

POINTS: 10

### DAILY RIDDLE

I'm tall when I'm young, and I'm short when I'm old, what am I?

Send your answer to Jays Care to earn your points!

## 11 BRAIN CHALLENGE

POINTS: 10

### BACK DRAWING

Success in this challenge requires you to transfer a physical sensation to a mental picture. To complete this challenge you'll need a partner. One person uses their finger to write a word on the back of the second person. The second person tries to identify the word. Switch positions and take turns being the writer and guesser. Send Jays Care a picture of your game in action to earn your points.

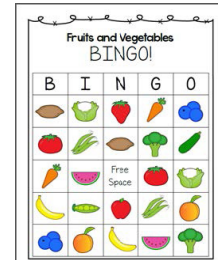
## 12 HEALTHY ATHLETE CHALLENGE

POINTS: 10

### FRUITS AND VEGGIE BINGO

Did someone say BINGO?!

Throughout the week try your best to complete one line of the bingo card below by eating your favourite fruits and vegetables! Even better, try your best to fill your entire card! Share your bingo card with Jays Care to earn your points.



## 13 HEALTHY ATHLETE CHALLENGE

POINTS: 10

### STORY TIME

Listen to the story "Why Should I Eat Well" by following the link below to listen to a story about the benefits that come from healthy eating! What was something new that you learned about healthy eating after listening to the book? Write or draw a picture of your favourite part of the story and share it with Jays Care to earn your points.  
<https://www.youtube.com/watch?v=2gPi2uXFdEk>

## 14 HEALTHY ATHLETE CHALLENGE

POINTS: 10

### VIRTUAL PICNIC

Have you been missing eating lunch with your friends? Phone or video call your friend and eat a healthy lunch with them! Let your friend know what healthy lunch you made for yourself and give them some ideas for healthy meals they can make for themselves and their family! If it's a nice day outside, take a blanket, your lunch and your virtual friend outside! Take a picture of your virtual picnic and share it with Jays Care to earn your points.

## 15 DAILY MEGA-CHALLENGE

POINTS: 50

### BUILD A TINY TOWN

Hit up your recycling bin for plastic bottles, cans and cardboard and get to building your dream tiny town! You can stack, cut and combine your materials into businesses, homes, hospitals or schools – the possibilities are endless! Take a photo of your tiny town and send it to Jays Care to earn 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](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: \_\_\_\_\_

