



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 18 CHALLENGES - April 15th

1 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

THINK ON YOUR FEET!

Your challenge is to play a game of baseball by making equipment using only materials found in your recycling. Get creative with how you can use paper, recycled bottles, cardboard and containers too! Take a picture of your most creative use of recycling and send it to Jays Care to earn your points!

2 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

BALLOON POP!

Find a piece of chalk or use tape and create multiple circles (balloons) on the ground.

Try out some of these different ways to pop them (by jumping on them):

1. One Leg (then switch and try the other leg).
2. Both legs
3. Backwards
4. Skip one



For an extra challenge, come up with a unique way to move through the balloons or spread them farther apart. Take a picture/video and share it with Jays Care to earn your points.

3 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

SUPERHERO ARMS!

Baseball players must have strong arms to throw, catch and hit. These exercises are meant to strengthen your arms!

1. Arm circles (10 forward, 10 backward)
2. Self hugs (10)
3. Jab, cross (10 left and right)
4. Arms Up (20)
5. Push-ups (10)
6. Upper cuts

Try to repeat each 2-3 times. Send Jays Care a picture of you practicing your exercises to earn points!

4**CREATIVITY CHALLENGE****POINTS: 10****THE INVISIBILITY CLOAK**

You have been given an invisibility cloak as a gift. If you could be invisible for a day, what would you do? Describe your day in a paragraph and send it over to Jays Care to earn your points.

5**CREATIVITY CHALLENGE****POINTS: 10****WHO WANTS TO BE A WWE WRESTLER?**

You've been invited to take part in WrestleMania! If you were a WWE wrestler, what would be your name, signature move and costume? The more creativity, the higher your points! Send Jays Care a video of your entrance scene to earn your points.

6**CREATIVITY CHALLENGE****POINTS: 10****CREATING A FAMILY CALENDAR**

Create a large calendar for your entire family using family photographs! Mark big events, holidays and all birthdays. Send Jays Care a picture of your calendar to earn points.

7**KINDNESS CHALLENGE****POINTS: 10****SPECIAL SOMEONE**

Take or draw a photo of one person that you really care about. Describe who they are and what makes them so special to you. Send Jays Care a photo of you and your work to earn points.

8**KINDNESS CHALLENGE****POINTS: 10****RAY OF SUNSHINE CHALLENGE**

Make a video to brighten up someone's day, just like a ray of sunshine. Choose their favourite song as the background music and let them know that you are thinking of them. Send Jays Care a photo or video of this challenge to earn points!

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

Mohamed spent half as much as Aliah did on presents this year and Serika spent 3 times more than Mohamed did. The total spent between the three of them was \$720. How much money did each person spend? Send your answer to Jays Care to earn your points.

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

What five-letter word becomes shorter when you add two letters to it?

Send your answer to Jays Care to earn your points.

11**BRAIN CHALLENGE****POINTS: 10****CARD RECALL**

Take a deck of cards and place five cards in a line on the table. By turning over each card, one at a time, you must memorize the sequence. Once you get it right, you can add an additional card. Keep going for as long as you can. Send Jays Care a picture of your longest memorized sequence to earn your points.

12**HEALTHY ATHLETE CHALLENGE****POINTS: 10****ABC CREATIONS**

Using carrots or other healthy food create the letters of the alphabet one at a time. I got stuck on the letter Q! Hint: you can use more than one food to create your letters! Send Jays Care a picture of your healthy food letters to earn your points.

13**HEALTHY ATHLETE CHALLENGE****POINTS: 10****THEME OF THE DAY**

Pick a different healthy food each day to be your theme and try to eat as many different types of that food as possible. For example, if you pick apple, you could try a green apple, red apple, dried apples, canned apples, pureed apples or any other type of apple you can think of. Send Jays Care each theme you created along with what you ate to earn your points.

14**HEALTHY ATHLETE CHALLENGE****POINTS: 10****DRESS THE CHEF**

Go into your closet and find the best chef clothes that suit your personality! Create your own chef swag and create a healthy snack wearing it. Send a photo to Jays Care in your best chef attire. Challenge yourself and try to match your clothes with your snack!

15**DAILY MEGA-CHALLENGE****POINTS: 50****REGROW VEGETABLE SCRAPS**

Who knew garbage could turn into something you could eat?! Try re-growing some of the following vegetables at home. All you will need is some veggie scraps, a cup, and some water!

Celery: Simply chop the base from the celery stalk, leaving about 2 inches. Place it in a dish of water in a sunny location. Now watch it grow and remember to water it!

Green Onion: Take the leftover green onion roots, drop them in a glass with enough water to cover them, and move the onions around so the roots are pointing down. Make sure you change the water out once every couple of days so they don't get greasy.

Carrot Tops: Place the carrot tops (not baby carrots) in a shallow saucer with water, so that half the carrot top is submerged in the water. Place the saucer on a windowsill where it will get light. Add water to the saucer as needed to keep the tops from drying out.

The carrot tops will sprout in about 1-2 weeks!

Don't forget to take a photo with your homegrown veggies and send 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 , 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: _____

