



**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 19 CHALLENGES - April 16<sup>th</sup>

## 1 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

### SIMON SAYS!

Find a friend or family member and play Simon Says with them. Someone is the leader will say "Simon Says" followed by a movement. If you say a movement without "Simon Says" before it and the followers perform it, they are out. Switch who the leader is.

#### Try:

- Jumping jacks
- Front/back kicks
- Jumping up and down
- Standing on one foot
- Touching your head

## 2 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

### KICKBALL CHALLENGE!

Find items to mark 1st, 2nd and 3rd base as well as home plate and set them up as follows: Using a softball, pillow or another soft item, kick or throw it as far as you can from home plate. Time yourself to see how fast you can move from 1st to 2nd to 3rd base and back home. Try it 3 times and push yourself to move faster each time. Send Jays Care a picture of your kickball field to earn your points.

## 3 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

### MUSIC FREEZE TAG

For this challenge you need a partner. Ask your partner to play a song and choose when to start and stop the music. When the music is playing, start dancing. Every time the music stops, you have to freeze in place. Have your partner walk around and judge how frozen you are. Try to freeze in new and fun dance positions and take a picture of your best frozen pose and send it to Jays Care to earn your points!

## 4 CREATIVITY CHALLENGE

POINTS: 10

### A MEAL WITH...

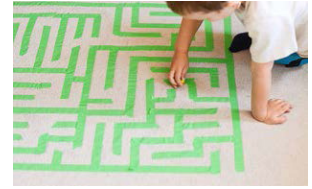
If you could sit down and have a meal with anyone past/present who would it be? Think of 3 questions you'd like to ask that person. Once you have your person and your 3 questions write them on a piece of paper and send a picture to Jays Care to earn your points.

## 5 CREATIVITY CHALLENGE

POINTS: 10

### TAPE MAZE

Using tape create a maze that you can put on your floor. Challenge family members to try and complete this. Give it a creative name! Send a picture of your maze to Jays Care to earn your points.



## 6 CREATIVITY CHALLENGE

POINTS: 10

### CREATING A NEW SPORT

Using items in your home create a NEW sport! Explain the rules of the game and how it would work. Challenge your family members to take part, and as always, come up with something creative for the name! Send Jays Care a picture of your new sport in action to earn your points.

## 7 KINDNESS CHALLENGE

POINTS: 10

### KINDNESS BRACELETS

Make kindness bracelets for you and your loved ones. Find some scrap paper, cut them into long strips, one for each person. On each bracelet, write 5 things that you admire about that person and present it to them as a gift. Send Jays Care a photo of you crafting your friendship bracelets in order to earn points!

## 8 KINDNESS CHALLENGE

POINTS: 10

### VIRTUAL STORYTIME

Pick up your favourite childhood book and read it to a family member or friend who is younger than you. If you do not live with this person, give them a phone or video call and share your story with them. Send Jays Care a photo of you reading your story book in order to earn points!

## 9 BRAIN CHALLENGE

POINTS: 10

### MATH TIME

If there are four apples and you take away three, how many do you have?  
Send Jays Care your answer to earn your points.

## 10 BRAIN CHALLENGE

POINTS: 10

### DAILY RIDDLE

What has four wheels and flies?  
Send Jays Care your answer to earn your points.

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

The aim of this challenge is to remember as many items purchased at the shops as possible!

Start by saying, "I went shopping and bought a \_\_\_\_\_," identifying an item you would buy. Now ask a partner to do the next line, "I went shopping and bought a (names the first person's item) and a \_\_\_\_\_ (adding a new item to the list)."

Continue to take turns to remember the items purchased in order as the list gets longer and longer. The winner is the last person who can correctly name all of the items in sequence. When you finish write down all the items in the story, send the list to Jays Care to earn your points.

**12****HEALTHY ATHLETE CHALLENGE****POINTS: 10****FRUIT AND VEGGIE ANIMALS**

Go into your fridge and cupboard and pick out 10 of your favourite fruit and veggies. Try to create your favourite animal out of your snacks. Take a selfie with your creation and send it to Jays Care to earn points!

**13****HEALTHY ATHLETE CHALLENGE****POINTS: 10****FOOD JOURNAL**

Create your own food journal (book) and track all your favourite meals that you have eaten throughout the week. Write a few sentences on why this is your favorite meal and don't forget to draw it! Share your food journal with Jays Care to earn your points.

**14****HEALTHY ATHLETE CHALLENGE****POINTS: 10****FOOD PORTRAIT**

Have you ever pictured yourself as food? Design a self-portrait on your plate using what you find in your fridge and cupboards. Your berry beautiful masterpiece should be displayed with a selfie. Send your selfie and portrait to Jays Care to earn your points.

**15****DAILY MEGA-CHALLENGE****POINTS: 50****DREAM DUGOUT**

You've been hired to create a new dugout for the Toronto Blue Jays! Using items from around your home, make sure to include all of your favourite things to make this the perfect space for you and your teammates. Don't forget to wear your Blue Jays gear and your lucky socks before you send a photo 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.

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| <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?<br/>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: \_\_\_\_\_

