



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 20 CHALLENGES - April 17th

1 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

EGG AND SPOON

For this challenge you need an egg (but a rock or marble will work) and a spoon. Put the egg on the spoon and hold it by the handle. Try to walk across the room, from one end to the other without it dropping. If you want an added challenge, try taking bigger steps, shuffling sideways, crawling across the room or put the spoon in your mouth.

*Note: if you want to keep it clean, ask a parent to hard boil the egg first so it doesn't make a mess if you drop it. Also, get creative and decorate your egg before you try the challenge. Send Jays Care a picture of your egg to earn your points!

2 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

OBSTACLE COURSE

Build yourself an obstacle course (inside or outside) by thinking of creative ways to move through the course.

Examples:

- Make a pillow path
- Crawling under chairs
- Slither like a snake
- Hop like a bunny

Take a picture of the obstacle course you've created and send it to Jays Care to earn your points.

3 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

DANCE TEACHER

Dancing is a great way to keep fit and healthy! For this challenge you need to come up with your very own dance. This can include lots of physically active moves and steps. Once you have it down, now you need to teach it to someone in your family. Send Jays Care a video of you and your family member dancing to earn your points.

4 CREATIVITY CHALLENGE

POINTS: 10

FAMILY CREST

Create your own family or friendship crest. Use traits that are important to you, or things that make up who you are! Do you like sports? What about music? Maybe you have a love for animals, or you have a unique heritage and background. Add these into your crest, so we can see what makes you, you! Send Jays Care a picture of your crest to earn your points.

5 CREATIVITY CHALLENGE

POINTS: 10

TREASURE HUNT

X marks the spot! Use a household item or a personal treasure that you have and place it somewhere in your home. Create a treasure map to find whatever that item is! Be sure to use directions, number of paces and maybe even some pirate traps or riddles along the way! Challenge your family to complete the treasure map to see if they can find your treasure! Send Jays Care a picture of your treasure map to earn your points!

6 CREATIVITY CHALLENGE

POINTS: 10

PAINT NIGHT

Create a masterpiece using paint, or any drawing material you have at home. Use a fruit bowl, a plant or something that inspires you as your object and create it on paper. Once you have completed your masterpiece, put the picture in your window or share it on social media for neighbours or friends to see! Send Jays Care a picture of your painting to earn your points.

7 KINDNESS CHALLENGE

POINTS: 10

WRITE YOUR TEACHER A LETTER

Teachers deserve acts of kindness too! Write a letter to your teacher, highlighting what you miss about the classroom and their teaching. You can either choose to mail the letter to them now or give them the letter as a gift once school is back in session. Take a picture of the letter and send to Jays Care to collect your points!

8 KINDNESS CHALLENGE

POINTS: 10

SELF-ESTEEM PIZZA

When we practice kindness, it is important to remember that we must also be kind to ourselves! Try cooking up a self-esteem pizza to remind yourself about all the special things that make you, you! To start, paint a paper plate to look like a pizza base. Next, while the pizza dries, cut out pizza toppings from construction paper. Then, write positive affirmations, skills or traits about yourself on these toppings. Finally, assemble your pizza and discuss your choice of toppings and why they make you unique! Remember to send a photo of your pizza to Jays Care to earn your points!



9 BRAIN CHALLENGE

POINTS: 10

MATH TIME

The ages of a father and son add up to 66. The father's age is the son's age reversed. How old could they be? Send your answer to Jays Care to earn your points.

10 BRAIN CHALLENGE

POINTS: 10

DAILY RIDDLE

When was the last year that looked the same upside down and right side up? Send your answer to Jays Care to earn your points.

11 BRAIN CHALLENGE

POINTS: 10

WORD BY WORD STORY

In this challenge you need a partner. Start a story with a single word. The next person must say that word and then an additional word that builds on yours. Then you can say the first two words and adds a third, and so on. Keep going for as long as you can until you form a full story! Send Jays Care a video of you telling your one word story to earn your points.

12 HEALTHY ATHLETE CHALLENGE

POINTS: 10

OUTDOOR CHALLENGE

Spending time outside is a great way to clear your mind and increase your mental health. Spend at least 30 minutes outside today! Send a picture of you doing something outdoors to earn your points.

13 HEALTHY ATHLETE CHALLENGE

POINTS: 10

EAT THE RAINBOW

Did you know that different coloured foods have different benefits for your body? Look in your kitchen and try to eat a food with every colour of the rainbow. Draw a rainbow with the type of food you ate and send a picture of your rainbow to Jays Care to earn your points.

| Color | Foods | Benefits |
|---------------|-------------------------------------|---|
| Red | Tomatoes, watermelon, guava | Lycopene: antioxidants |
| Orange | Carrots, yams, mangos, pumpkins | Beta-carotene: immune system |
| Yellow-orange | Oranges, lemons, papayas, peaches | Vitamin C: detoxify harmful substances |
| Green | Spinach, kale, collards | Folate: builds healthy cells |
| Green-white | Broccoli, Brussels sprouts, cabbage | Indoles, isothiocyanates: eliminate carcinogens |
| White-green | Garlic, onions, chives, asparagus | Allyl sulfides: destroy cancer cells |
| Blue | Blueberries, plums | Anthocyanins: destroy free radicals |
| Red-purple | Grapes, berries | Resveratrol: decrease estrogen |
| Brown | Whole grains, legumes | Fiber: carcinogen removal |

14 HEALTHY ATHLETE CHALLENGE

POINTS: 10

HEALTHY ALPHABET CHALLENGE

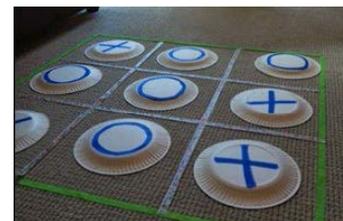
A is for Athletics, B is for Blue Jays, C is for Cardinals. But what about if they were foods? Write out your ABC's matching each letter with a healthy food. Send Jays Care a picture of your healthy alphabet to earn your points.

15 DAILY MEGA-CHALLENGE

POINTS: 50

GIANT TIC-TAC-TOE TOURNAMENT

Create your own giant tic-tac-toe board for you and your family to enjoy. Use different coloured cups, paper plates or any other items of your choice. The tournament winner gets a grand prize of your choosing! Send a photo of your giant game 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.

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| 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: _____

