



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/Challenges). 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 21 CHALLENGES - April 20th

1 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

YOGA STRETCHES!

Start your challenge day off right and stretch it out! Pretend you're leading a group through your stretches. Here are some stretches you can do:

- Touch your toes
- Arm circles
- High knees
- Back kicks/front kicks
- Lunges
- Back rotations

Send Jays Care a picture of your stretches to earn your points.

2 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

FULL NAME FITNESS!

Can you spell out your full name? Once you spell it out, perform the exercises associated with each letter below! Get your sweat on! Send Jays Care a picture of you completing your name to earn your points!

- | | |
|---|---|
| A- Jump up and down 10 times | O- Perform 3 burpees |
| B- Hop on one foot 5 times | P- Show off your high knees for 10 seconds |
| C- Crawl like a bear for 10 seconds | Q- See how fast you can tap your toes 10 times |
| D- Run to the nearest door and back | R- Reach for the sky for 10 seconds |
| E- Hold a plank for 10 seconds | S- Crab walk for 10 seconds |
| F- Hop like a frog 8 times | T- Balance on your right foot for 10 seconds |
| G- Do 5 push-ups | U- Balance on your left foot for 10 seconds |
| H- Side shuffle 10 steps to the left | V- Pretend to hit a punching bag for 10 seconds |
| I- Side shuffle 10 steps to the right | W- Walk for 25 seconds |
| J- Bend down and touch your toes 10 times | X- Skip to the closest door and back |
| K- Do 10 squats | Y- Do 10 Jumping Jacks |
| L- Skip to the wall and back | Z- 20 Second Wall Sit |
| M- Do 10 arm circles (left and right) | |
| N- Jog in place for 10 seconds | |

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PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

TARGET TOSS

Remember the steps we learned before on how to throw?

1. Grip ball along backwards “C” with 2 or 3 fingers
2. Ride a surfboard (knees slightly bent and balanced)
3. Make a “T” – ball out with your glove towards the target
4. Bend arm with ball and wave at the person behind you
5. Release at ear
6. Buckle your seatbelt

Use these steps to practice your aim! With permission, grab items from your house that you can use as targets. Pillows, blankets & laundry baskets are all good options. Place them around the room and see if you can hit your targets! For an added challenge, change the distances of the targets and add points for each one. Send Jays Care a picture of your target toss to earn your points!

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CREATIVITY CHALLENGE

POINTS: 10

THE MOTTO BANNER

A motto is a short sentence or phrase that sums up the ideals or identity of a person, family or collective. Do you have a personal motto? Does your family have a motto that you all abide by? If not, here is your chance to create one! If you could hang a motto in your home, what would it say? You have the task to create a banner with your motto on it. Take a picture of your motto and send it to Jays Care to earn your points!

5

CREATIVITY CHALLENGE

POINTS: 10

ALRIGHT, FITNESS INSTRUCTOR! SHOW US WHAT YOU GOT!

Now the tables are now turned! We have provided you with a bunch of physical activity plans, but now it's time for you to get Canada active! Give us a workout to get our blood pumping and our hearts racing! Send us a video of you instructing a fitness class to Jays Care to earn your points. Your class, your rules!!

6

CREATIVITY CHALLENGE

POINTS: 10

THE PEOPLE'S CHAMP – SPOTLIGHT ON YOU!

If you could give one piece of advice to the next generation, what would it be? Send us a 30 second clip of you providing your words of wisdom for the next generation to earn your points!

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KINDNESS CHALLENGE

POINTS: 10

CUP OF KINDNESS

Write a family member or friend a kind letter and with it include a tea bag they can enjoy. Make note at the start of the letter that they should enjoy the cup of tea while they read the letter you sent. This way it will feel like they are having a nice cup of tea and chat with someone they love. Remember to send in a photo of your letter and tea to Jays Care to earn your points!

8 KINDNESS CHALLENGE

POINTS: 10

KINDNESS ROCKS

Join the movement taking place across the globe and brighten someone's day with a kindness rock! The steps are easy. First, find a smooth stone. Then paint the stone in bright colours and add some words of encouragement. Finally, take the rock along on your next walk and place it somewhere that people can find it! It is as simple as that! However, don't forget to take a picture of your rock and send it to Jays Care before you hide it!



9 BRAIN CHALLENGE

POINTS: 10

MATH TIME

Can you work out the answer to this math riddle? Here is a clue, try starting with the chicks! Send your answer to Jays Care to earn your points.

$$\begin{aligned} \text{koala} + \text{koala} - \text{dog} &= \text{chick} \\ 3 \times \text{chick} &= 33 \\ \text{chick} - \text{owl} &= 7 \\ \text{koala} - 3 &= \text{monkey} \\ \text{dog} &= ? \end{aligned}$$

10 BRAIN CHALLENGE

POINTS: 10

DAILY RIDDLE

What two things can you never eat for breakfast? Send your answer to Jays Care to earn your points.

11 BRAIN CHALLENGE

POINTS: 10

CRITICAL CORNER

Think about three potential answers to this question: "How would your life be different if electricity was never discovered?". Create a poster that describes your three answers and send it to Jays Care to earn your points!

12 HEALTHY ATHLETE CHALLENGE

POINTS: 10

CREATE YOUR OWN SMOOTHIE

Creating a smoothie is a tasty way to get your daily recommended fruits and vegetables. Did you know that some vegetables such as spinach and avocado go very well in a smoothie? Look around your kitchen for ingredients that you think would be tasty in a smoothie. Blend them together and try it out! Share your recipe and send a picture of the finished product to earn your points.

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HEALTHY ATHLETE CHALLENGE

POINTS: 10

BREAKFAST EGG CUPS

Did you know that breakfast is the most important meal of the day? It's a great way to start your morning and give your body the energy it needs to function. Try making one of these delicious breakfast recipes and share with your family. Send a picture of you and your family enjoying breakfast to earn your points.

Egg Cups: <https://www.superhealthykids.com/recipes/breakfast-egg-cups-recipe/>

Spinach Muffins : <https://www.superhealthykids.com/recipes/sweet-spinach-muffins/>

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HEALTHY ATHLETE CHALLENGE

POINTS: 10

DRESS YOUR SALAD CHALLENGE

Creating your own salad dressing is a lot easier than it sounds! One of our favourites is a balsamic vinegar dressing! Research different homemade salad dressing recipes that sound tasty to you! Ask a parent or guardian to help gather all the ingredients to create your amazing dressing. Make a salad for your household and use your new creation to dress it! Remember to keep note of the recipe if you enjoyed it! Send the recipe and a picture of you creating your dressing to Jays Care to earn your points.

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DAILY MEGA-CHALLENGE

POINTS: 50

THEMED DINNER PARTY

Why not turn dinner time into an escape and distraction by hosting a theme night for you and your family?! Pick a theme that everyone can dress up for and base your dinner menu around it! For example, you could do 'A Night at the Ball Game' and serve hot dogs and dress up as your favourite Blue Jays players! Whatever theme you end up choosing, make sure to take a picture 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, 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: _____

