



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 22 CHALLENGES - April 21st

1 PHYSICAL ACTIVITY CHALLENGE POINTS: 10

STRETCH BALL

Grab an old ball, or make your own (with rolled up socks, paper etc.) and draw on numbers 1, 2, 3 & 4 on different spots on the ball. For each number, come up with a stretch to perform. Here's some examples:

- 1. Touch your toes
- 2. Arm circles
- 3. Lunges
- 4. High knees

Toss the ball in the air, catch it and see what number your thumb lands on. Whatever number your thumb lands on, perform that stretch! Repeat! Send Jays Care a picture of your Stretch Ball to earn your points!



2 PHYSICAL ACTIVITY CHALLENGE POINTS: 10

FITNESS FIND!

Search for words in this word search related to fitness! When you find a word, perform that exercise 10 times and then search for the next word. See how many you can find!

Fitness Finds

O	K	S	B	U	R	P	E	E	U	K	P	U	R
E	S	P	K	H	O	L	P	L	A	N	K	R	K
A	P	U	H	S	U	P	M	E	R	U	S	K	E
R	U	N	T	S	P	M	U	J	G	O	R	F	A
L	I	F	P	S	K	C	I	K	T	N	O	R	F
K	U	P	L	C	B	P	K	I	K	K	H	M	N
N	P	N	F	C	A	I	N	O	N	H	U	P	C
P	P	T	G	C	B	K	I	C	K	G	C	J	C
I	R	C	J	E	R	S	C	S	Q	U	A	T	A
I	G	C	K	C	A	J	G	N	I	P	M	U	J
S	E	E	N	K	H	G	I	H	B	P	C	R	T
A	R	M	C	I	R	C	L	E	G	B	S	N	B
R	B	E	A	R	C	R	A	W	L	K	M	E	C
E	B	A	C	K	K	I	C	K	S	F	A	B	K

- FRONT KICKS
- PLANK
- BURPEE
- FROG JUMPS
- SKIP
- LUNGE
- BEAR CRAWL
- JUMPING JACK
- ARM CIRCLE
- SQUAT
- BACK KICKS
- PUSH UP
- HIGH KNEES

3**PHYSICAL ACTIVITY CHALLENGE****POINTS: 10****BLUE JAY BOWLING!**

Have you ever made your own bowling alley at home? Now's your chance! Use recycled materials like plastic water bottles, soda bottles, or cups for the pins. Fill up the bottles with water halfway and screw on the cap tight! Find something in your house to use as a bowling ball! This could be a ball you already have, rolled up socks, or even a toy truck! Get creative and send Jays Care a picture of your bowling alley to earn your points!

**4****CREATIVITY CHALLENGE****POINTS: 10****WELCOME TO 2040!**

It's journal time! Where do you see yourself in 20 years from now? How will you see the world? Where will you be and what would you be doing? What changes would people see in you? Describe and draw a picture of how you think you, your city and your life will look in 2040! Send a picture of the 2040 you to Jays Care to earn your points!

5**CREATIVITY CHALLENGE****POINTS: 10****DESIGN YOUR NEW CAR!**

Tell us about what would make the coolest car ever! What does it look like and what kind of features or accessories does it come with? TV screens for the backseat passengers? A ping-pong table out of the trunk? Send Jays Care a detailed sketch of your most creative car with a list of it's features to earn points!

6**CREATIVITY CHALLENGE****POINTS: 10****HUMAN BOBBLEHEAD**

Record a 15 second clip of you as a human bobblehead! It can resemble an athlete, celebrity, movie character, or any other person you can think of. Points will be awarded for creativity of your costume, your pose and the ability to keep the same face while bobbling!

**7****KINDNESS CHALLENGE****POINTS: 10****BE KIND TO THE EARTH**

Acts of kindness are not solely reserved for the people in our lives, but also the things that surround us! So why not try switching things up and showing some kindness to the earth?! Pick one or more of the following earth-friendly challenges and tell Jays Care how you completed it to earn your points:

- Shut off the water while you brush your teeth
- Turn off the lights when you leave the room
- Recycle any plastic bottles, cans or cardboard around your home
- Shorten your shower time

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KINDNESS CHALLENGE

POINTS: 10

PLAN A VIRTUAL SURPRISE PARTY

Do you have a friend or family member with an upcoming birthday? Why not plan them a virtual surprise party?! Assign a theme, decorate your background and invite some friends to join virtually as well! In true surprise party fashion, have your friends hide off-camera before the birthday guest signs on. When your friend joins the meeting, you and all your party guests can jump on camera and yell, "Happy birthday!" Then you can spend your time talking, eating, and celebrating your friend together. Remember to send Jays Care a photo of your virtual party to earn your points!

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BRAIN CHALLENGE

POINTS: 10

MATH TIME

Can you solve today's math riddle? Here is hint, start with the grapes! Send you answer to Jays Care to earn your points.

$$\begin{aligned} \text{🍌} + \text{🍌} + \text{🍌} &= \text{🍓} \\ \text{🍓} \times 1 &= \text{🍇} \\ \text{🍇} + \text{🍇} &= 24 \\ \text{🍉} + \text{🍌} &= 6 \\ \text{🍇} + \text{🍓} + \text{🍉} &=? \end{aligned}$$

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BRAIN CHALLENGE

POINTS: 10

DAILY RIDDLE

If you throw a blue stone into the Red Sea, what will it become? Send you answer to Jays Care to earn your points.

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BRAIN CHALLENGE

POINTS: 10

CRITICAL CORNER

Your challenge is to write a story about the zoo without using the names of any animals. You must explain everything you see, hear and smell - but don't forget not to use any names! Send Jays Care a video of you reading your story to earn your points.

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HEALTHY ATHLETE CHALLENGE

POINTS: 10

DREAM FOOD

Create a poster and draw ALL of your favourite foods you eat! Circle the ones that you think are the healthiest and then present it to someone in your home. Challenge yourself to try and draw your favourite food with different faces. Take a photo of your poster and send it in to Jays Care to earn your points.

13**HEALTHY ATHLETE CHALLENGE****POINTS: 10****GROCERY SHOP**

Have you ever dreamt of going on a shopping spree? Well here is your chance! Grab any grocery store flyers that get delivered to your home and flip through the pages to try to find 5 products in each food area (breads, cereals, vegetables, fruit, milk, cheese, lean meat, fish, nuts etc.). Once you have five foods cutouts, draw a shopping bag or cart on a piece of paper and glue or tape your food cutouts to it. Send a picture of your ultimate shopping spree to Jays Care to earn your points.

14**HEALTHY ATHLETE CHALLENGE****POINTS: 10****FRUIT AND VEGETABLES COOKIES**

Do you have fruits and vegetables in your fridge that are just sitting there? Now is your time to get creative with them! Use different shaped cookie cutters to cut out yummy fruit cookies. Challenge yourself and create a picture out of your fruit and vegetable cutouts on your plate. Send Jays Care a picture of your cookies to earn your points.

**15****DAILY MEGA-CHALLENGE****POINTS: 50****LEMONADE STAND**

Create a homemade lemonade stand and whip up some lemonade for you and the family to enjoy! Use any materials you can find around the house! Cardboard, boxes, toilet paper rolls, you name it! Get creative and send Jays Care a photo of your finished stand and delicious lemonade.



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: _____

