



**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 23 CHALLENGES - April 22<sup>nd</sup>

### 1 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

#### COLOUR SEARCH!

How colourful is your home? Search around your house and see how many items you can find of each colour of the rainbow: red, orange, yellow, green, blue and purple. Do you have any Blue Jays gear? Use that as your blue item and send Jays Care a picture of your collected rainbow items!

### 2 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

#### BALLOON HOME RUN DERBY!

Want to hit like Vladdy and Bo? Pick a space in your home to be a home run fence in the outfield. Get a balloon and blow it up, this will be your ball and your hand will be the bat. Throw the balloon up into the air and see if you can hit it over that home run fence! Take a video of your homerun swing and send to Jays Care to earn your points.

### 3 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

#### BOTTLE FLIP

Find a plastic water bottle and fill it with a bit of water and put the lid back on. Try to flip the bottle to land right side up 10 times in a row. Once you have completed 10, try for 20. Send Jays Care a video of your best bottle flip to earn your points...for extra points send it in slow motion!

### 4 CREATIVITY CHALLENGE

POINTS: 10

#### YOUR NEW ALBUM

Pretend you are the most popular musician of 2020! What kind of music would you make? Send Jays Care a brief bio of your musician-self along with the name of your most recent album and the name of 10 songs on the album. Bonus points if we get a sample of your music!

### 5 CREATIVITY CHALLENGE

POINTS: 10

#### VIRTUAL TRIVIA NIGHT

Create 20 trivia questions about your family and host a virtual trivia night! Use an online video app that works best for you, set a time, invite your family and have some fun! Send Jays Care a screenshot of your quiz in action to earn your points!

## 6 CREATIVITY CHALLENGE

POINTS: 10

### DANCE CRAZE

Get as creative as possible to create the next viral dance. Share and practice with your family members! Take a video and share Jays Care and your friends and family to earn points.

## 7 KINDNESS CHALLENGE

POINTS: 10

### BOOKMARK BUDDY

Know someone who loves to read? Why not make them a bookmark buddy?! This craft is simple to make and let's someone know you are thinking about them. What you'll need:

- 4 or more pom-poms
- 1 popsicle stick
- 2 googly eyes
- Glue

1. Glue one of the pom-poms to the end of a popsicle stick. Then glue more pom-poms on each side of the first pom-pom.
2. Glue two googly eyes to one of the pom-poms which is on the end of the worm. Then, take a picture and send it to Jays Care to earn your points!
3. Give your bookmark buddy to your book loving friend or family member to enjoy!



## 8 KINDNESS CHALLENGE

POINTS: 10

### KINDNESS BINGO

Create your own random act of kindness bingo card. Be sure to include a variety of different activities and gestures that you and your family can do to show kindness. This card can be made and given to each family member to play with - the first person to complete each act of kindness and fill up their bingo card first is the winner! Send you answer to Jays Care to earn your points.



## 9 BRAIN CHALLENGE

POINTS: 10

### MATH TIME

Can you work out the answer to this math puzzle? Hint...The racket and the arrow both represent the same value! Send your answer to Jays Care to earn your points.



## 10 BRAIN CHALLENGE

POINTS: 10

### DAILY RIDDLE

You will buy me to eat but never eat me. What am I? Send your answer to Jays Care to earn your points.

## 11 BRAIN CHALLENGE

POINTS: 10

### CRITICAL THINKING CORNER

If you could make one rule that everyone in the world must follow, what rule would you make and why? Draw a poster that describes your rule and how you think the world would change because of it. Send Jays Care a picture of your poster to earn your points.

## 12 HEALTHY ATHLETE CHALLENGE

POINTS: 10

### NOT CHO' TYPICAL NACHOS!

Did someone say Nachos? Yes, but these aren't your regular nachos, oh no! Use a variety of fruits and vegetables, cut them up, and place them on a plate. Find peanut butter, wow butter or humus and sprinkle it on top (just like you would sprinkle cheese!). Take a picture of your healthy nacho creation and share it with Jays Care!



## 13 HEALTHY ATHLETE CHALLENGE

POINTS: 10

### NUTRITION LABEL INVESTIGATOR

Have you ever wondered what the label on the side of some of your food really says? Take time watching the video below that helps to explain what the label means for your health. After the video, search around your kitchen and find 3 nutrition labels and decide whether the food is healthy or unhealthy! Take a picture of you holding up a nutrition label to receive your points.

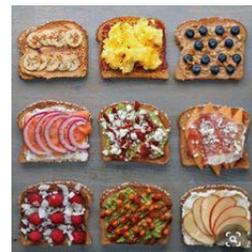
<https://www.youtube.com/watch?v=yIY0w04AAVk>

## 14 HEALTHY ATHLETE CHALLENGE

POINTS: 10

### JAZZ UP YOUR TOAST!

Do you love toast and find yourself eating a piece every morning for breakfast? Try your best to step into your stretch zone and add a healthy element to your toast! For example, you could add peanut butter and bananas one day, or an avocado another day! Take a picture of your toast-toppers and share it with Jays Care to receive your points.



**15****DAILY MEGA-CHALLENGE****POINTS: 50****BUCK MARTINEZ WEATHER REPORT**

We all know that April showers bring May flowers, but the month of April also tends to send us some unpredictable weather patterns. We might experience snow, wind, sunshine and rainbows all in one week. We're in need of a weather reporter with a familiar voice that we can trust! Send us a video of you providing us with the weather report using your best Buck Martinez impression 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](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.

<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? 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: \_\_\_\_\_

