



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?

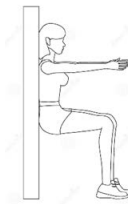
These challenges are designed to help kids and families continue to nurture each child's unstoppable nature while staying fit and having fun.

DAY 24 CHALLENGES - April 23rd

1 PHYSICAL ACTIVITY CHALLENGE POINTS: 10

WALL SIT

Find an empty wall and get into a seated position against the wall. Hold this position for as long as you can and record your time. Try to see if you can hold it for 45 seconds, 1 minute or 2 minutes! Submit your time and a picture of your wall sit to JCF to earn points.



2 PHYSICAL ACTIVITY CHALLENGE POINTS: 10

100 BURPEE CHALLENGE

This challenge is tough! Perform 100 burpees throughout one day. Take your time and pace yourself, but try to complete all 100! For an added challenge, add a push-up. For less of a challenge, drop your chest to the floor instead of doing a plank. Send a picture of you performing your burpees to Jays Care to earn points.



3 PHYSICAL ACTIVITY CHALLENGE POINTS: 10

JUMPING JACK ATTACK

Set a timer for 1 minute. Complete as many jumping jacks as you can in 1 minute. Try it 2-3 times, each time trying to beat your last score. Send Jays Care your best attempt, how many jumping jacks you completed, and a photo of you completing a star jump because YOU are a STAR!



4 CREATIVITY CHALLENGE POINTS: 10

TORONTO BLUE JAYS GIVEAWAY FOR THE FUTURE

Come up with a creative giveaway or promotional day for the Toronto Blue Jays in the future. Think about what you and your family would be interested in to receive as giveaways! Create a poster describing all your giveaways and send to Jays Care to earn your points.

5 CREATIVITY CHALLENGE

POINTS: 10

CRAFT BASEBALL DIAMOND

Get creative with materials in your house to make a craft baseball diamond. Once complete create your own rules and play with family members! Send Jays Care a picture of your diamond to earn your points.



6 CREATIVITY CHALLENGE

POINTS: 10

#BLESSED

It is important to think about things that make us feel happy or excited, even when things can be difficult! Think about something that you are thankful for, and create a drawing, story or song about that person, item or time in your life that you felt #blessed, happy or thankful. Send your #blessed creation to Jays Care to earn your points.

7 KINDNESS CHALLENGE

POINTS: 10

COMMUNITY SPOTLIGHT

Have you noticed that a member of your community has gone above and beyond in a special way? Maybe they are a frontline worker or a delivery driver who always spreads joy to those they meet. We would love to hear about them! Write a short newspaper article explaining why you think this person is special and should be celebrated. Send a photo of you with your newspaper article to Jays Care to earn points!

8 KINDNESS CHALLENGE

POINTS: 10

BUCKET CHALLENGE

Start by drawing and cutting out your very own bucket and decorate it in anyway that you like. Post it on a wall where everyone will be able to see it. The goal is to use sticky notes or your own cut outs to fill up this bucket with all the positive things that you and your family members do in one week. Send a photo of your filled kindness bucket to Jays Care to earn points!



9 BRAIN CHALLENGE

POINTS: 10

MATH TIME

Can you work out today's math puzzle? Hint...start with the blue cars! Send your answer to Jays Care to earn your points.

10 BRAIN CHALLENGE

POINTS: 10

DAILY RIDDLE

What starts with a P, ends with an E and has thousands of letters? Send your answer to Jays Care to earn your points.

11**BRAIN CHALLENGE****POINTS: 10****CRITICAL THINKING CORNER**

You can have any three things that you want. In return you must give away three things that are about the same size as the things you get. What do you get and what do you give away? Draw a poster explaining your thinking process and send to Jays Care to earn your points!

12**HEALTHY ATHLETE CHALLENGE****POINTS: 10****THE VEGGIE GUESSING BAG GAME!**

This game tests your food identifying skills! Ask you're a family member to place some vegetables (real or plastic) in a bag (a grocery bag, paper bag, pillowcase, etc..). Once the veggies are in the bag, it's your turn to close your eyes and guess which ones are in the bag! Once you guess one correctly, you can take it out of the bag! Continue the Veggie Guessing Game until all the veggies are out of the bag! Now - you try! Place all different kinds of veggies, fruits or other food in the bag and ask your family member to close their eyes and guess! Who can guess all the vegetables the fastest? Send Jays Care a picture of your game in action to earn your points!

13**HEALTHY ATHLETE CHALLENGE****POINTS: 10****CREATE A VEGETABLE PERSON!**

Create a 'vegetable person' using real vegetables (or pictures of vegetables!). Use toothpicks to help your 'vegetable person' be three-dimensional. If you're using real vegetables, eat your vegetable person as your morning or afternoon snack! Be creative! Maybe your vegetable person would like a chair to sit in, or a table to eat at?! Maybe your vegetable person would like a baseball bat and ball to play with?! Send a picture to Jays Care to receive your points!

**14****HEALTHY ATHLETE CHALLENGE****POINTS: 10****SALTY POTATO EXPERIMENT!**

To complete this experiment you'll need:

- 2 small bowls
- 2 pieces of paper (to be your labels)
- 1 marker
- 1 spoon
- 1 potato (cut in half)
- Water
- Salt

Fill your two small bowls with water. Mix two spoonfuls of salt into ONE of your bowls. Label both bowls so you know which one has all the salty water. Safely cut your potato in half. Place half a potato into each one of your bowls with the cut-side down. Leave your experiment for 30 minutes and watch what happens! After 30 minutes, read the description below. Snap a picture and send it to Jays Care to receive your points!

AFTER THE EXPERIMENT:

What did you notice? The saltwater draws water out of the potato, causing it to shrivel! Just like when the potato loses water when placed in the salty solution, salty food and drinks make people thirsty! This is why we eat very salty items like chips only sometimes, and not every day!

15**DAILY MEGA-CHALLENGE****POINTS: 50****SILENT HIGHLIGHTS**

Think about your favourite Blue Jays highlight and get ready to recreate it to the best of your ability. Put your acting skills to the test by performing your favourite highlight silent-movie style! Don't forget to wear your baseball gear and send in a video to Jays Care to earn points! Extra points if your video is in true silent movie black and white style!



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: _____

