



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 25 CHALLENGES - April 24th

1 PHYSICAL ACTIVITY CHALLENGE POINTS: 10

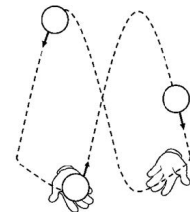
BALL TOSS

Using your right hand, (with your left hand behind your back) toss a ball or object up in the air and only catch it using your right hand. Do this as many times as you can before dropping the ball/object. Switch hands and try it out with your left hand. Send Jays Care a picture of you practicing to earn your points!

2 PHYSICAL ACTIVITY CHALLENGE POINTS: 10

JUGGLE

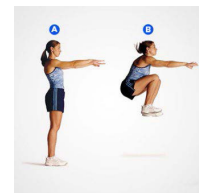
Now that you have warmed up your arms from our first challenge, try juggling! Using the pattern below and three objects or balls, try to juggle them. Start with two balls and work your way up to three. Once you've gotten it, take a video and send it to Jays Care to earn your points!



3 PHYSICAL ACTIVITY CHALLENGE POINTS: 10

UP, UP & AWAY

Put 1 minute on the clock and complete as many tuck jumps as you can. Complete this challenge 2-3 times. Send Jays Care a video of you performing your tuck jumps to earn points!



4 CREATIVITY CHALLENGE POINTS: 10

TAKEOFF CHALLENGE

Use materials that you have in your house to create an airplane, or a rocket ship. Challenge your family to see who can make their flying ship go furthest! Measure your distance traveled and send Jays Care a picture of your crafts to earn points! Let's see who can make it closest to the moon!

5 CREATIVITY CHALLENGE

POINTS: 10

WHO WANTS TO BE A MILLIONAIRE?

You are the host of a popular game show, and it's your turn to come up with different trivia questions to ask your family! Think of things that you've learned at school or some interesting facts that you've heard from friends or online! Use your best game show voice to ask your family some of your questions! As your questions get harder, they are worth more prize money, with your hardest question worth \$1,000,000!! Who will be the winner!? Send Jays Care a picture of all your million dollar questions to earn your points!

6 CREATIVITY CHALLENGE

POINTS: 10

NEW SPORT IN TOWN

The Prime Minister has asked you to create a new sport for people to play together! Take all of your favourite aspects of sports like baseball, hockey, basketball and more, and combine them together to make your new sport! Think about what type of footwear you would wear during this sport, where would you play (under water, on a mountain, on grass), how would you score points and who you would play with! Be as creative as you want, after all this is your own sport! Send Jays Care a poster detailing your new sport and how it would work to earn your points.

7 KINDNESS CHALLENGE

POINTS: 10

D-I-Y HAPPY PLACE

Studies show that the more positive the space is that you are in, the better it can make you feel! Create a happy place for you or your family members to use whenever they could use an extra boost of positivity. Be sure to fill this space with words of encouragement, bright colours or even some of your favourite photos. Send Jays care a photo of you sitting in your happy place to earn points!

8 KINDNESS CHALLENGE

POINTS: 10

LEAD A GUIDED RELAXATION EXERCISE

Lead your family members on a journey of relaxation and mindfulness! Begin by finding a comfortable space to lie down and taking five deep breaths together. Using a soothing voice, guide the others in tightening and relaxing all their muscles one at a time, starting from their face and moving all the way to their toes. Take a photo or video of this relaxing experience and send it to Jays Care to earn points!

9 BRAIN CHALLENGE

POINTS: 10

MATH TIME

Today's math puzzle is a tough one! Can you solve it? Hint...8 minus what number is that same number? Send Jays Care your answer to earn your points!



10 BRAIN CHALLENGE

POINTS: 10

DAILY RIDDLE

In a one-story pink house, there was a pink person, a pink cat, a pink fish, a pink computer, a pink chair, a pink table, a pink telephone, a pink shower – everything was pink! What color were the stairs? Send Jays Care your answer to earn your points!

11 BRAIN CHALLENGE

POINTS: 10

CRITICAL THINKING CORNER

What are three ways the world would be different if people did not need to sleep? What would you do with the extra time? Create a poster that explains how the world would be different and share with Jays Care to earn your points!

12 HEALTHY ATHLETE CHALLENGE

POINTS: 10

FRUIT WORD SEARCH

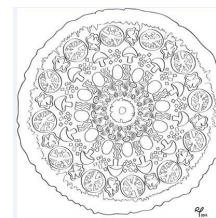
Create your own word search using only fruits! First create a grid, then write in your fruits (horizontal, vertical and diagonal) and then fill with random letters until your grid is full! Now challenge your family to find the fruits! Send Jays Care a picture of your word search to earn your points.

13 HEALTHY ATHLETE CHALLENGE

POINTS: 10

COLOUR YOUR PIZZA

Draw a picture of your favourite pizza. When finished, use lots of different colours to make it as colourful as possible! Once you have finished, take a picture with it and send to Jays Care to receive your points.



14 HEALTHY ATHLETE CHALLENGE

POINTS: 10

FOOD FROM AROUND THE WORLD

Each day pick a different country or culture to research. See what kind of food they eat that is different from the food you eat at home. If you can, try to make the meals you find for dinner this week! What was your favourite meal you made or researched? Share your findings with Jays Care to receive your points!

15 DAILY MEGA-CHALLENGE

POINTS: 50

SPRING IN THE AIR!

On your next opportunity to grab some fresh air outdoors, look around you for the signs of spring! You'll see that the flowers are beginning to bloom, trees are beginning to bud, birds are signing and that there are countless signs of life returning to welcome in spring. Take a photo of some of your springtime discoveries and send it in 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: _____

