



**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?**

Take a look at all of the challenges on the Jays Care website and work through as many of them as you can! 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 or you are finished, submit it (along with the photos) to Jays Care at [UnstoppableKids@bluejays.com](mailto:UnstoppableKids@bluejays.com), or <https://www.dropbox.com/request/HOFc6LHQGOjERBE9Siyu>. Every week Jays Care staff will look through all of the submitted challenges, tally points and send prizes to some of the top prize 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](http://www.jayscare.com/Challenges)).

### **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 26 CHALLENGES - April 27<sup>th</sup>

## 1 PHYSICAL ACTIVITY CHALLENGE POINTS: 10

### HANDSTAND CHALLENGE

Using a wall (or not) get yourself in a handstand position and hold it for as long as you can. Have a family member take a picture of your handstand and send it to Jays Care to earn your points!

BONUS: Let us know how long you held your handstand for!



## 2 PHYSICAL ACTIVITY CHALLENGE POINTS: 10

### SQUAT IT OUT

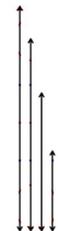
Put a timer on for 1 minute, and complete as many squats as you can in that time. Try it 2-3 times to see if you can beat your previous total. Send Jays Care a picture of your squats and the total number you completed to earn your points.



## 3 PHYSICAL ACTIVITY CHALLENGE POINTS: 10

### LINE TOUCH

Find 4 objects in your house (like stuffed animals, books, bottles, etc.) and set them apart by various distances. Run to one object, then back to the starting point. Do this for every object and try to complete it 3 times! Take a picture of your set up and send it to Jays Care to earn your points!



## 4 CREATIVITY CHALLENGE POINTS: 10

### BoART!

Let's see those artistic skills. We want to see your best and most colourful drawing of Bo Bichette! Display it on your wall like they do in an art gallery and send us a picture of you standing next to it to earn your points!

## 5 CREATIVITY CHALLENGE

POINTS: 10

### WALKING UP TO THE PLATE!

We want to see you getting ready for your next at-bat. Don't forget to dress for the occasion! What will be your walk-up song? What does your swagger look like? Let's see how you intimidate the pitcher! Send Jays Care a video of your walk-up routine to earn your points.

## 6 CREATIVITY CHALLENGE

POINTS: 10

### HAPPY RETIREMENT!

You have been in the big leagues for 20 years, congratulations! The Toronto Blue Jays want to recognize you and retire your number! Send us a short video of your retirement speech with your jersey in the background (could be any jersey you have) to earn your points. Don't forget to thank all your fans!

## 7 KINDNESS CHALLENGE

POINTS: 10

### THANK YOUR POSTAL WORKER

Our postal workers are working hard during this time to make sure all our mail still gets delivered! Celebrate their hard work by writing them a letter they can receive the next time they drop off your mail! Leave it in your mailbox or tape it on top for them to find the next time they drop off your mail. Take a picture with your letter and send it to Jays Care to earn your points - bonus if you get a picture of postal worker with the letter!



## 8 KINDNESS CHALLENGE

POINTS: 10

### CELEBRATE OUR FRONTLINE WORKERS

The Registered Nurses Association of Ontario is encouraging people to come outside their homes every night at 7:30 p.m. and make some noise — bang pots and pans, sing a song, honk your car horn — in a noisy display of thanks for the hard-working nurses and other medical professionals on the front lines. Get your pots and pans ready and take a picture or video of you and your family celebrating our workers! Make sure you send it in to Jays Care to get your points!

## 9 BRAIN CHALLENGE

POINTS: 10

### MATH TIME

Can you solve today's math puzzle? The baby and the police officer both represent a value. But what is that value? Send Jays Care your answer to earn your points!

$$\text{Baby} = 12 - 3 \times 2^u$$

$$\text{Baby} \times \text{Police Officer} = 6$$

$$\text{Baby} = \text{Police Officer} + \text{Police Officer}$$

$$\text{Baby} + \text{Baby} + \text{Baby} = \text{Police Officer}$$

Explain why this is true. 

## 10 BRAIN CHALLENGE

POINTS: 10

### DAILY RIDDLE

A man was driving a black truck. His lights were not on. The moon was not out. A lady was crossing the street. How could he see her? Send Jays Care your answer to earn your points!

## 11 BRAIN CHALLENGE

POINTS: 10

### CRITICAL THINKING CORNER

What kind of soup would you eat for dessert? Write a recipe for a dessert soup. Create a poster that explains your soup and what the ingredients are and share with Jays Care to earn your points!

## 12 HEALTHY ATHLETE CHALLENGE

POINTS: 10

### BERRY (OR FRUIT) BLINDFOLD

Pick out your favourite berries or fruit from your fridge. Have an older family member cut your fruit into small pieces and place them on a plate. Next step, blind fold yourself and race the clock. You have one minute to beat the clock to see how many fruits you can eat while blindfolded. Challenge yourself and use no hands or play against a partner. Send Jays Care a video of you completing your challenge to receive your points.

## 13 HEALTHY ATHLETE CHALLENGE

POINTS: 10

### VEGGIE STAMP PIZZA

Create your pizza crust by drawing a slice or full pizza on a piece of paper. Go into your fridge and pick out your favourite vegetables that you would put on your pizza! Get an older family member to cut pieces of the vegetables off. Dip them in paint or ink and decorate your pizza with veggie stamps! Create the ultimate masterpiece of pizza! Send Jays Care a picture of your pizza to receive your points.



## 14 HEALTHY ATHLETE CHALLENGE

POINTS: 10

### HEALTHY FOOD BUILDING

Go into your kitchen and pick out 10 of your favourite healthy foods. Try to build your ultimate building or tower out of them. Challenge yourself and try to make city skyline. Send Jays Care a picture of your skyline to receive your points



## 15 DAILY MEGA-CHALLENGE

POINTS: 50

### FAMILY TALENT SHOW

Organize a talent show for your family and put everyone's secret or not-so-secret talents on display! You can make it as simple or elaborate as you'd like but encourage all your family members to participate! You can create a stage, add music, or dress up in costume! Whatever you decide to do, make sure you send in a photo to Jays Care to get 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: \_\_\_\_\_

