



**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 27 CHALLENGES - April 28<sup>th</sup>

### 1 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

#### POGO HOP

Set the timer for 5 minutes. For the first 2 minutes, hop on your left foot. For the next two minutes, hop on your right foot. Finish by hopping on both feet for a minute! Send Jays Care a photo or video of you hopping to earn your points!

### 2 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

#### MUSIC WORKOUT

Put on your favourite song and create a workout to that song. Incorporate jumping jacks, running on the spot, burpees, arm lifts, or any other exercises you can think of. Send Jays Care a video of your cool workout music video to earn your points!

### 3 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

#### LUNGE FOR THE WIN

Find the biggest room or space in your house (or even try it outside). Lunge across the space moving forward and then turn around and lunge back to your starting position. Count how many lunges you complete in total. Try to get to 50! Send Jays Care a picture of your best lunge and how many lunges in total that you completed to earn your points!



### 4 CREATIVITY CHALLENGE

POINTS: 10

#### JOURNAL WRITING - GENIE FOR A DAY!

If you could grant any three wishes to any one person, to whom would you grant them? Write a paragraph of who you would select and why and send it to Jays Care to earn your points.

### 5 CREATIVITY CHALLENGE

POINTS: 10

#### FAMILY BRACELETS

Using items from around your household, create family bracelets! Make enough for the members of your family to wear, and try your best to use items which represent things about your family! Send Jays Care a picture of your family bracelets to earn your points.

## 6 CREATIVITY CHALLENGE

POINTS: 10

### PIGGY BANK PROJECT

Getting as creative as possible, find a household item which represents you that you can turn into a homemade piggy bank! For bonus points create multiple and have each represent a different coin for easy sorting! Send Jays Care a picture of your piggy bank to earn your points!



## 7 KINDNESS CHALLENGE

POINTS: 10

### SENIOR PEN PALS

Senior and retirement homes across the country are coming up with creative ways to keep their isolated residents connected to the outside world during this time. Many have started pen pal programs where you can write to a senior to keep their spirits up. Reach out to your local/regional senior homes and see if there is a pen pal program you can get involved in! Send in a picture of your letter to Jays Care to get your points!

## 8 KINDNESS CHALLENGE

POINTS: 10

### FREE COMPLIMENT FLYER

Everyone loves receiving a compliment and it is a great way to brighten someone's day. Try creating a Free Compliment Flyer to get you and your family started. Pass them out throughout the week and see how many smiles you can put on your loved one's faces!



## 9 BRAIN CHALLENGE

POINTS: 10

### MATH TIME

Time for your daily math puzzle! Can you work it out? It's a tough one! Send Jays Care your answer to earn your points!

$$\begin{aligned} \text{😄} + \text{😬} &= \text{😡} + 3 \\ \text{😄} + 7 &= \text{😡} \\ \text{😄} &= \text{😬} \\ \text{😡} + \text{😬} - \text{😄} &= ? \end{aligned}$$

## 10 BRAIN CHALLENGE

POINTS: 10

### DAILY RIDDLE

"Who can shave a dozen times a day but still have a beard?"  
Send Jays Care your answer to earn your points!

## 11 BRAIN CHALLENGE

POINTS: 10

### CRITICAL THINKING CORNER

Which do you think is more important: motorized vehicles like cars and airplanes, or computers? Why? Create a poster that explains your answer and your reasons why and send to Jays Care to earn your points.

## 12 HEALTHY ATHLETE CHALLENGE

POINTS: 10

### FRUIT OR VEGGIE MOSAIC

Take some colourful construction paper or some old magazines and cut up it up into lots of small squares (2cm by 2cm). Try to find colours of fruits and vegetables like red for tomatoes, green for cucumbers or orange for oranges. Once you have lots of pieces of paper, you can start making your mosaics. Send Jays Care a picture of your finished mosaic to receive your points.



## 13 HEALTHY ATHLETE CHALLENGE

POINTS: 10

### FIND YOUR ENERGY

Keeping your energy level high is difficult when you are stuck at home all day. Luckily a lot of fruits and vegetables give your body the energy it needs to function. Research which foods give your body the most energy. If you are feeling like you need an energy boost you can create a healthy snack with the food you researched. Send Jays Care a list of the top 5 energy creating foods to receive your points.

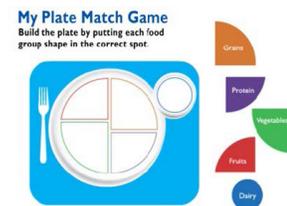
## 14 HEALTHY ATHLETE CHALLENGE

POINTS: 10

### BUILD YOUR PLATE

Having the proper portion sizes is very important in maintaining a healthy lifestyle. Play this interactive game (see link below) to learn how big your portions should be. Send Jays Care a picture of your completed plate to receive our points.

Game: <https://www.healthyeating.org/Healthy-Kids/Kids-Games-Activities/My-Plate-Match-Game>



## 15 DAILY MEGA-CHALLENGE

POINTS: 50

### LIVING ROOM CAMPING

Since we can't go outside, bring the excitement of the great outdoors into your home! Pitch a tent in your living room to camp out in, turn off the lights and use flashlights, cook hot dogs and smores and tell your favourite ghost stories! Take a picture of your indoor camping trip and send it into 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: \_\_\_\_\_

