



**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?**

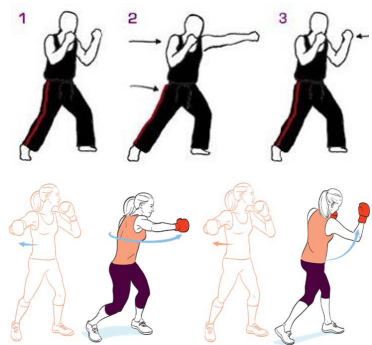
These challenges are designed to help kids and families continue to nurture each child's unstoppable nature while staying fit and having fun.

# DAY 28 CHALLENGES - April 29<sup>th</sup>

## 1 PHYSICAL ACTIVITY CHALLENGE POINTS: 10

### PILLOW FIGHT

Grab a pillow and rest it against something (or have a family member or friend hold it up). Pretend to be a boxer and jab the pillow like a punching bag. Try upper cuts and hooks, but be careful not to hurt yourself or others. Do every movement for 30 seconds, then rest for 30 seconds and try again. Send Jays Care a picture of your best boxer stance to earn your points.



## 2 PHYSICAL ACTIVITY CHALLENGE POINTS: 10

### PILLOW PUSH-UP

Grab your pillow - you're going to need it for this challenge! Put the pillow on the ground and get into a push-up position with the pillow in front on your face between your hands. You are going to do as many push-ups as you can, but they have a twist. You must go all the way to the floor and let yourself lay on the floor, chest to the ground and head on the pillow then push yourself back up to the plank position. Send Jays Care a picture of your sleeping push-up and how many you successfully completed!

## 3 PHYSICAL ACTIVITY CHALLENGE POINTS: 10

### THE FLOOR IS LAVA!

Pretend the floor in your home is hot running lava! To get across it safely you'll need to gather up as many pillows as you can find to use as stepping stones. Create a pathway to make it safely across your floor as far as you can! Switch up paths or time yourself to see how fast you can make it across! Send Jays Care a picture of you crossing the lava to earn your points.

## 4 CREATIVITY CHALLENGE POINTS: 10

### 7TH INNING STRETCH REMIX

Listen to "OK Blue Jays" which is played during the 7th inning of every Blue Jays home game. Use this as inspiration to create your own lyrics and melody for a new song! Send Jays Care a video of you singing it to earn your points!

## 5 CREATIVITY CHALLENGE

POINTS: 10

### PERSONAL PENNANT

Create your very own pennant to hang in your room. For bonus points, have one created for each of your family members and hang them around your house! Send Jays Care a picture of your pennants to earn your points.



## 6 CREATIVITY CHALLENGE

POINTS: 10

### WORLD SERIES CHAMP

You were named MVP of the World Series. Your team was down by 5 runs at one point, and rallied back to win the game, after your dugout pep-talk! The media want to know what you said to your team in that moment to bring a positive energy back to your team. Write down and perform your motivational speech that you delivered to your team, so the media can put it on the front page of their newspapers. Highlight or underline words that you feel are the most powerful or the most impactful on your team. Send your video of your pep-talk to Jays Care to earn your points.

## 7 KINDNESS CHALLENGE

POINTS: 10

### PLAY WITH YOUR PET

Pets deserve acts of kindness too! Try taking your dog for a walk, feeding you cat or telling a joke to your fish. It is important we don't forget to show our furry friends kindness too! If you don't have a pet draw what your dream pet would be and note three ways you would show it kindness! Send in a picture of your real or imaginary pets to Jays Care and get your points.

## 8 KINDNESS CHALLENGE

POINTS: 10

### HAPPY SOCKS

Do you have an old or hardly worn pair of socks lying around somewhere? Give them a new life of colour and decoration by transforming them into something fun and silly to wear. Dress them up as best as you can, however you like, just try not to make the others too jealous of your sweet new pair or socks. Send Jays Care a photo of you wearing your new creation to earn points!

## 9 BRAIN CHALLENGE

POINTS: 10

### MATH TIME

Can you correctly answer today's math puzzle? Send Jays Care your answer to earn your points!

$$\text{🐸} \times \text{🐸} = 0$$

$$\text{🐸} + \text{🐸} = 7$$

$$14 - 3 \times 3 = \text{🐢}$$

$$\text{🐸} + \text{🐸} + \text{🐢} = ?$$

## 10 BRAIN CHALLENGE

POINTS: 10

### DAILY RIDDLE

When was the last year, that when written down, looked the same upside down and right side up? Send Jays Care your answer to earn your points!

## 11 BRAIN CHALLENGE

POINTS: 10

### CRITICAL THINKING CORNER

If you could choose one thing that costs money and make it free for everyone forever, what thing would you choose? Why? Create a poster that explains what you would pick and why and share with Jays Care to earn your points!

## 12 HEALTHY ATHLETE CHALLENGE

POINTS: 10

### HEALTHY EATING TAG

Tag! You're it! This isn't your ordinary game of tag. In this version you get to eat! Make a healthy snack and take a picture of you eating it. Send the picture to a friend or family member to tag them. Have them make a healthy snack and tag someone else to keep the game going! Watch out though, once you tag someone else, you are then able to get tagged again! Share your healthy snack and who you tagged with Jays Care to receive your points.

## 13 HEALTHY ATHLETE CHALLENGE

POINTS: 10

### HEALTHY TRIVIA

Did someone say trivia? What a fun way to learn and play at the same time! Create 10 trivia questions with about healthy foods. Host a trivia night with everyone in your household to share all your great knowledge. Send Jays Care a copy of your trivia questions to receive your points.

## 14 HEALTHY ATHLETE CHALLENGE

POINTS: 10

### SPRING AROUND THE BLOCK CHALLENGE!

Take a walk with your family around your block. On your walk, make a list of everything you see that is the colour GREEN. How many things did you see? Take a picture of your SPRING list and send it to Jays Care to receive your points!

## 15 DAILY MEGA-CHALLENGE

POINTS: 50

### CARDBOARD BASEBALL KIT (BAT, BALL, GLOVE)

Create your dream baseball kit out of recycled materials around the house. We want to see your best cardboard bat, glove and uniform! Colour and decorate them how you desire and strike a pose in your kit for us to see! Don't forget to send it in to Jays Care in order 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: \_\_\_\_\_

