



**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 29 CHALLENGES - April 30<sup>th</sup>

## 1 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

### TIME TRIAL

It's a race against time! Find somewhere to put your finish line and try these different ways to race against time!

- Crab walk
- Bear crawl
- Bunny hop

Send Jays Care a video of you racing to the finish line to earn your points!

## 2 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

### PILLOW TARGET TOSS

Place pillows in different areas around the room. Use them for targets and practice your aim! Now take some rolled up socks and start throwing! Send Jays Care a picture of your targets and your throwing technique to earn your points!

## 3 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

### SQUAT CHALLENGE!

How many squats can you do in 1 minute? Challenge yourself and see how many you can do! Send Jays Care a video of you completing your squat challenge to earn your points!



## 4 CREATIVITY CHALLENGE

POINTS: 10

### OUT OF THIS WORLD

You've been asked to join a space voyage to find a new planet for humanity to live on. After travelling many lightyears, you can finally see the new planet!! Your job is to draw what you see and show all the folks back on Earth the amazing view! Draw the landscapes that you see, and any moons the planet may have. Does it have volcanoes? Maybe some fresh water? Once you arrive on the planet, your job as a scientific explorer is to log all of your data from your time there. Note smells, sights or any signs of life that you may see. Your final assignment is to report back to Earth to let us know if this planet is safe to travel to and let us know the name of this newfound planet! Send Jays Care your findings and a picture of your planet to earn your points!

## 5 CREATIVITY CHALLENGE

POINTS: 10

### BILINGUAL BASEBALL

As a world-renowned broadcaster for the Blue Jays, fans from all around the world want to you to help them know what is happening in the game they are watching! Your job is to record yourself making a baseball call using the following words in a language that isn't your first language!

- Home Run
- Diving Catch
- What a Hit!
- Going, Going, Gone!

Record yourself calling your broadcast and send to Jays Care to earn your points!

## 6 CREATIVITY CHALLENGE

POINTS: 10

### A MESSAGE TO INSPIRE THE BLUE JAYS

If you could say anything to the Blue Jays players right now to keep them motivated and inspired for when the upcoming season begins, what would you say to them? Send in a video clip or a script to Jays Care to earn points!

## 7 KINDNESS CHALLENGE

POINTS: 10

### BRAG BRACELETS - POSITIVE AFFIRMATION

You are awesome! You know it, I know it and your loved ones know it! Why not show off and spread around a little bit of your awesomeness by creating bracelets of all the positive things that make you, you?! Look at this photo to find inspiration for what your brag bracelet could look like and send a photo of the final product to Jays Care to collect your points!



## 8 KINDNESS CHALLENGE

POINTS: 10

### PHOTO FRAMES FOR FAMILY MEMBERS

Create a photo frame for each one of your family members! Each frame could include their name, drawings of your favourite memories together and some thing that you love about them. Draw and cut out a square that is big enough to fit around each of their faces and take a photo of them smiling inside their unique frame! Send a photo to Jays Care to collect your points for completing this challenge!

## 9 BRAIN CHALLENGE

POINTS: 10

### MATH TIME

Can you solve today's math puzzle? (Hint: Start with the best food - pizza!) Send Jays Care your answer to earn your points!

$$\begin{aligned} \text{🍔} \times \text{🍔} \times \text{🍔} &= \text{🍔} \\ \text{🍕} \times \text{🍕} \times \text{🍕} &= 27 \\ \text{🍕} \times \text{🍔} \times \text{🍕} &= 18 \\ \text{🍔} + \text{🍔} + \text{🍔} &= ? \end{aligned}$$

## 10 BRAIN CHALLENGE

POINTS: 10

### DAILY RIDDLE

“The more you take away, the bigger I get. What am I?” Send Jays Care your answer to earn your points!

## 11 BRAIN CHALLENGE

POINTS: 10

### CRITICAL THINKING CORNER

If you could live in a tree house, would you? What are three advantages and three disadvantages to living in a tree house? Create a poster that explains your thoughts and share with Jays Care to earn your points!

## 12 HEALTHY ATHLETE CHALLENGE

POINTS: 10

### TAKE A DANCE BREAK!

Choose your favorite song, turn it up loud, and take a dance break for 2 minutes! How does your heart feel? Is it beating faster? If your heart is beating fast - that means you've just completed 2 minutes of exercise today! Take a video of your dance challenge and send it to Jays Care to receive your points!

## 13 HEALTHY ATHLETE CHALLENGE

POINTS: 10

### MEAL MEMORY CHALLENGE!

Close your eyes and think about the best meal you've ever eaten. Now, draw a picture of this meal and choose 2 words you would use to describe your favorite meal. For an example, see this picture: Take a picture of your drawing and send it to Jays Care to receive your points!



## 14 HEALTHY ATHLETE CHALLENGE

POINTS: 10

### GOOD FOOD GOOD MOOD CHALLENGE!

The food we eat can make us feel GREAT (like something healthy and yummy) or sometimes it can make us feel YUCKY (like when we eat too much candy). Think about the last piece of food you have eaten today. How did it make you feel?

On a piece of paper, write:

Today I ate a \_\_\_\_\_ and it made me feel \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.

Fill in the blanks and send a picture of your sentence to Jays Care to receive your points!

## 15 DAILY MEGA-CHALLENGE

POINTS: 50

### FAMILY WALK-UPS

Help everyone start their day off right by introducing walk-up music for you and your family members wake up to, just like the Blue Jays do when they're getting ready to bat! Start by collecting everyone's favourite energizer song. You can set this song as their alarm clock or play it while you're making breakfast. Playing this song will help someone feel ready to start their day. Send a video of you playing your walk-up song to Jays Care to earn 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: \_\_\_\_\_

