



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?

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, 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).

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 30 CHALLENGES - May 1st

1 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

PILLOW FORT FUN!

Create the coolest pillow fort you can think of! See how many pillows you can use to make your fort! Send Jays Care a picture of your fort to earn your points.

2 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

TIKTOK STAR!

Pretend you're a TikTok star - show us your moves! You can create your own dance or copy one of your favourites! Send Jays Care a video earn your points.

3 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

ACTIVITY JOURNAL

Create a journal and track all your activities for next week! Track whenever you complete a challenge, or whenever you're physically active. Send Jays Care a picture of your completed journal to earn your points!

4 CREATIVITY CHALLENGE

POINTS: 10

CREATE A NEW BLUE JAYS UNIFORM

The Blue Jays are looking for help designing a new alternate uniform and have come to you for your creative expertise! Design a new uniform for the Blue Jays using paper and markers and send Jays Care a picture or description to earn points!

5 CREATIVITY CHALLENGE

POINTS: 10

CREATE THE ULTIMATE BLUE JAYS FAN EXPERIENCE

Your task is to design the ultimate Blue Jays Fan Experience at Rogers Centre! What would the experience include? Tours, tickets, food, etc. Send in a description of your 'experience' to Jays Care to earn points!

6 CREATIVITY CHALLENGE

POINTS: 10

A QUESTION FOR A BLUE JAYS PLAYER

If you could ask any current Blue Jays player one question, which player would you choose and what question would you ask them? Send Jays Care your player choice along with the question and a brief description of why you would ask them this to earn points!

7 KINDNESS CHALLENGE

POINTS: 10

BUILD A MEMORY BOX

Decorate a shoe box or parcel package and place items or photos in it of some of your favourite memories or pastimes. Each item in the box should hold significant value and jog your memory of an activity or event that you want to remember forever. You could even place your ticket stub from your first Blue Jays game there for safe keeping! Take a photo of your memory box and send it to Jays Care to earn points.

8 KINDNESS CHALLENGE

POINTS: 10

WHEEL OF GOOD DEEDS

Are you in the mood to cheer someone up today, but you're not sure what you can do? Create a list of 10 good deeds that you can do while you're at home and let the wheel decide for you! Spin to land on a good deed or make things interesting by asking a family member to come up with a special good deed of their choice. Send a photo of your Wheel of Good Deeds to Jays Care to collect your points!



9 BRAIN CHALLENGE

POINTS: 10

MATH TIME

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

$$\begin{aligned} \text{🎷} \div \text{🎸} &= 1 \\ \text{🎹} \times \text{🎷} \times \text{🎹} &= 64 \\ \text{🎹} &= \text{🎷} \\ \text{🎸} + \text{🎹} + \text{🎷} &= ? \end{aligned}$$

10 BRAIN CHALLENGE

POINTS: 10

DAILY RIDDLE

"A word I know, six letters it contains, remove one letter and 12 remain, what is it?". Send Jays Care your answer to earn your points!

11 BRAIN CHALLENGE

POINTS: 10

CRITICAL THINKING CORNER

In a world with no colour, how would traffic lights work? Design a traffic system that does not rely on colours. Create a poster that explains your system and share with Jays Care to earn your points!

12**HEALTHY ATHLETE CHALLENGE****POINTS: 10****RAINBOW POPSICLES**

Summer's almost here so that means... popsicle season! Using fresh fruit, popsicle sticks (or spoon) and an ice tray, create rainbow popsicles!

1. Cut up your fruits into small pieces
2. Place the fruit into the ice tray,
3. Fill the squares with water
4. Place a popsicle stick in the middle
5. Place tray in the freezer
6. EAT YOUR POPSICLE!

Take a photo of your popsicle creations and send them to Jays Care to receive your points!

**13****HEALTHY ATHLETE CHALLENGE****POINTS: 10****READY, SET, GROCERY!**

Creating a grocery list can help keep you organized and healthy! Create your very own grocery list, hang it up in the kitchen and continue to add to it when you finish your favourite foods! At the end of the week, make note of the price of each item to work on your math skills! Share your grocery list with Jays Care to receive your points.

14**HEALTHY ATHLETE CHALLENGE****POINTS: 10****EGGSPLORER CHALLENGE**

Did someone say EGGS!? Eggs are an egg-squisite source of protein and can be made all different ways! Change up the way you eat your eggs today and get egg-cited try something new! For egg-xample you could have your eggs fried, scrambled, boiled, poached, or as an omelet! Try your best to add different vegetables to your eggs to make them colourful and delicious! Jays Care is egg-specially egg-cited to hear all about it and to send you points!

15**DAILY MEGA-CHALLENGE****POINTS: 50****INDOOR MINI GOLF**

Practice your mini putting by creating your own golf course and cutting target holes into a cardboard box. You can make each hole a different size and label the points according to difficulty. Challenge your family members to a game of mini golf and take a photo or video of this game to send to Jays Care to collect 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.

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| 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: _____

