



**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 31 CHALLENGES - May 4<sup>th</sup>

### 1 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

#### CHAIR WORKOUT

Sitting on a chair with your feet on the ground:

- Perform 15 squats (standing up and sitting back down)
- Perform 20 mountain climbers
- Perform 10 Chair dips

Complete this challenge as many times as you can in 5 minutes. Send Jays Care a picture of your best seated squat with the number of how many times you completed it to earn your points!



### 2 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

#### HOMEMADE WORKOUT LADDER

Take a blanket or sheet and roll it up to make a long snake shape with it. Lay it on the ground in a straight line. This will act as your homemade workout ladder! Now you have to think of activities you can do with your new workout ladder. Here are some examples:

1. Steps - Step over the line, then step back moving down the line as you go, then come back.
2. Hops - hop over the line using both feet. Work your way down the line and back.
3. Shuffle - shuffle down the line and to the end and then back up the other side.

Now try doing these activities in a sequence and start adding your own! Send Jays Care a picture of your homemade workout ladder to earn your points!

### 3 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

#### THE 3-MINUTE PLATE CHALLENGE

All you need for this challenge is a plate and a timer/stopwatch (preferably a paper or plastic plate, or just a piece of paper)! Start the timer for 5 minutes and try to complete the following:

1. Standing up tall, holding the plate in both hands lift it above your head and back down as many times as you can.
2. Holding the plate in both hands, push/punch it out to the left and the right, taking a step as your push and then come back to center.
3. Perform a sit-up holding the plate. As you lay back, take the plate up and over your head.

Send Jays Care a picture of you in action to earn your points!

**4****CREATIVITY CHALLENGE****POINTS: 10****YOUR DREAM MUSIC FESTIVAL**

You have been tasked to take the lead on organizing a virtual music festival. Who would you invite? How does your musician lineup look? Create a poster that advertises your music festival with all the acts, special events and details. Send a picture to Jays Care to earn your points.

**5****CREATIVITY CHALLENGE****POINTS: 10****PERFORM YOUR FAVOURITE SONG!**

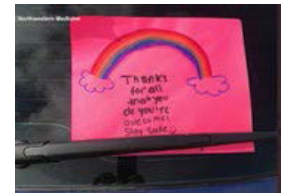
Perform your favourite song with friends or family members while still practicing social distancing. Celebrities are making it work virtually, so why can't you? Send Jays Care a video of your performance to earn your points.

**6****CREATIVITY CHALLENGE****POINTS: 10****EGG DROP CHALLENGE**

Let's get those creative juices pumping! Gather bunch of materials like newspapers, popsicle sticks, glue or any other craft supplies. Your challenge is to build a protective casing that will protect an egg from breaking after it's thrown up in the air. Once you have created your protective casing for your egg, pop it inside and get ready to throw it! Send Jays Care a picture of the result to earn your points. Warning: this may get messy!

**7****KINDNESS CHALLENGE****POINTS: 10****MOVING MESSAGE**

Decorate your car window with an encouraging quote or message of thanks to frontline workers. When the car is taken out for a drive, this message will be visible for everyone to see! Take a photo of your decorated car window and send it to Jays Care to earn your points!

**8****KINDNESS CHALLENGE****POINTS: 10****STRONGER TOGETHER**

On Sunday evening, Canada's biggest stars like Justin Bieber, Drake and Celine Dion came together for the Stronger Together campaign to raise money for food banks across the country. Create your own Stronger Together poster with designs of your choosing and send a photo to Jays Care to collect your points!

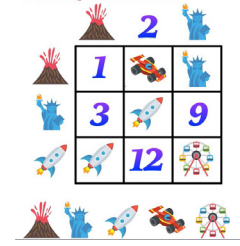


## 9 BRAIN CHALLENGE

POINTS: 10

### MATH TIME

Can you find the value of each icon in the multiplication table?  
Send Jays Care your answer to earn your points!



## 10 BRAIN CHALLENGE

POINTS: 10

### DAILY RIDDLE

"I act like a cat, I look like a cat, yet I am not a cat. What am I?" Send Jays Care your answer to earn your points!

## 11 BRAIN CHALLENGE

POINTS: 10

### CRITICAL THINKING CORNER

What are the 10 most important jobs in the world? Why are these jobs important? Do you want to do any of these jobs when you are an adult? Create a poster that explains your jobs and share with Jays Care to earn your points!

## 12 HEALTHY ATHLETE CHALLENGE

POINTS: 10

### PLAY BACON BASES BASEBALL

This game helps you practice moving around just like if you were going around the bases on a baseball diamond, AND keeps everyone laughing! Make 4 bases (home plate, 1st base, 2nd base, 3rd base) out of flat items in your home (like pieces of paper or coasters). Athletes begin at home plate. As a parent/guardian, you will assign a food-related question to each base. For example:

- HOME PLATE: What is your favorite food?
- 1st BASE: What is your favorite vegetable?
- 2nd BASE: What is your favorite fruit?
- 3rd BASE: What is your favorite treat to have?

When the parent/guardian says GO, athlete(s) move around the bases and yell (or use ASL to sign) their answer to the question as loud as they can! For example, BACON! BROCCOLI! BANANA! CHOCOLATE! See how many times your athlete(s) can move around the bases in 1 minute! Film your activity and send it to Jays Care to earn your points!

## 13 HEALTHY ATHLETE CHALLENGE

POINTS: 10

### HEALTHY SNACK ATTACK CHALLENGE

Write the days of the week on a piece of paper. Think about a healthy snack/food item or meal in your home that STARTS with the SAME LETTER as each day of the week and write it beside the day-of-the week. For example: MONDAY - MANGO. Challenge yourself to eat that healthy snack/food item or meal on that day! For example, try a MANGO on MONDAY! Send a picture of your Snack Attack Challenge list to Jays Care to receive your points!

**14****HEALTHY ATHLETE CHALLENGE****POINTS: 10****FOOD SUPERHERO CHALLENGE**

Choose your favorite food and draw a picture of it as a superhero! Add eyes, a mouth, a superhero cape, or anything you'd like to make it SUPER! What kind of superpowers does your food superhero have? Take a picture of your drawing and send it to Jays Care to earn your points!

**15****DAILY MEGA-CHALLENGE****POINTS: 50****ALBUM COVER DESIGN**

Bring back the CD's that we used to love to play on repeat before Spotify and Apple Music came along! Better yet, use an old or empty case to create your own album design! Using the theme of kindness, design your own album artwork that includes a photo and album title. Be as creative as you can when thinking about the song titles you want to include on the back of the CD - you can even make up your own titles that are inspired by some of your favourite songs and kindness activities. Send a photo to Jays Care to earn 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: \_\_\_\_\_

