



**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 32 CHALLENGES – May 5<sup>th</sup>

### 1 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

#### UP IN THE AIR

Find a pair of socks or a soft ball (tennis, rubber, etc.) and head outside or to a place with a very HIGH ceiling. The challenge is to throw the item up in the air as high as you can and perform as many jumping jacks as possible before the item hits the ground. Record how many jumping jacks you can complete! Try to throw it higher at least 7 times. Send Jays Care a picture of you in action to earn your points!

### 2 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

#### STUFFED ANIMAL SAFARI

Take a look in your house and find up to 6 stuffed animals. Lay them out, spread around the room. Start with one of the animals and create an action that corresponds with the animal. Then use that action to travel to the next animal. When you get to the new animal create an action for it and repeat. Continue until you have gone through all of your animals with different actions. Send Jays Care a picture of your animal safari to earn your points!

### 3 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

#### SPIN THE BOTTLE

Grab a water bottle and place it on the floor in the centre of the room. Give the bottle a spin and wait until it stops. Whichever direction the bottle cap is pointing to, run and touch that wall and come back. Spin the bottle 8-10 times. BONUS: To make this activity more challenging, try completing 10 jumping jacks or sit ups at the wall before coming back to the bottle. Send Jays Care a video of your best bottle spin and fastest to the wall to earn your points!

### 4 CREATIVITY CHALLENGE

POINTS: 10

#### NOT MY HANDS CHALLENGE

For this challenge you need a family member to stand behind you. You have to put your arms by your side, and then ask the family member to reach their hands forward. Their hands are now yours and you must act as one! Once you have the hang of it, it's time to try some everyday tasks like brushing your teeth or eating ice cream. Send Jays Care a video of your 'Not My Hands Challenge' to earn your points!



## 5 CREATIVITY CHALLENGE

POINTS: 10

### DESIGN AN AT-HOME GAME SHOW!

Some of the top game show producers in the country are looking for your help! Your task is to create a fun and unique game show that can be played while participants are at home. Send us a description of your game show to earn points! Some things to consider are the rules of the game, how many contestants can play and what is the grand prize? Create a poster that outlines your show and send to Jays Care to earn your points.

## 6 CREATIVITY CHALLENGE

POINTS: 10

### WELCOME TO BLUEJAYSVILLE!

Imagine that BlueJaysVille is a new up and coming town that is the dream destination to visit for all Blue Jays fans! Design a list of the 5 most notable attractions that make BlueJaysVille the amazing place that it is! Some landmarks to consider include hotels/resorts, parks, restaurants, important monuments and anything else you can think of! Create an image or map of your BlueJaysVille and send to Jays Care to earn your points.

## 7 KINDNESS CHALLENGE

POINTS: 10

### KINDNESS COOTIE CATCHER

Create your very own cootie catcher with these photo-instructions. Use numbers, letters, colours, or pictures to guide others on a cootie catcher journey that will leave them with one final outcome. Each final outcome should be an act of kindness of your choosing! Take a photo of your cootie catcher and send it to Jays Care to collect your points!



## 8 KINDNESS CHALLENGE

POINTS: 10

### GAME TIME INVENTORS

Showing kindness could mean spending quality time with your loved ones. Put your imaginations together to make up your very own board game using 5 different household items. YOU are the creators in charge of making the rules of the game including how to decide the winner. (P.S.: Game winners must complete one act of kindness!) Send Jays Care a photo of your brand new game to earn points!











## 9 BRAIN CHALLENGE

POINTS: 10

### MATH TIME

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

Find the value of each icon  
in the multiplication table below:

			
		6	8
	6	9	12
	8	12	16
			

## 10 BRAIN CHALLENGE

POINTS: 10

### DAILY RIDDLE

“Which weighs more: a pound of feathers or a pound of bricks?” Send Jays Care your answer to earn your points!

## 11 BRAIN CHALLENGE

POINTS: 10

### CRITICAL THINKING CORNER

If you could invent a new subject that would be taught to all children in school, what would the subject be? Why do you think children need to learn about your subject? Create a poster that explains your subject and share with Jays Care to earn your points!

## 12 HEALTHY ATHLETE CHALLENGE

POINTS: 10

### CELERY EXPERIMENT

Did you know that celery is 95% water? Fill half of a drinking cup with water. Squirt some of your favourite coloured food colouring into the water until it is at a desired colour. Stir the water with a celery stick. Leave the celery stick in the water overnight and see what happens! Send a picture of your experiment the next morning to Jays Care to receive your points.

## 13 HEALTHY ATHLETE CHALLENGE

POINTS: 10

### RAINBOW SKEWERS

April showers brings May flowers. Did you know rainbows form from light passing through raindrops? Build your own rainbow using healthy fruits. Pick out a fruit for every colour of the rainbow. Place them on a skewer and enjoy them as a nice healthy snack! Send a picture of your rainbow to Jays Care to receive your points.



## 14 HEALTHY ATHLETE CHALLENGE

POINTS: 10

### EDIBLE PALM TREES

Wouldn't it be nice to be laying out on a beach right now? Hearing the ocean's waves while you lay shaded by palm trees? Although we can't lay on the beach, we can bring the palm trees to us! Using healthy foods such as bananas and apples, create your very own palm tree. Don't forget to send Jays Care a picture before you eat it! Here are some examples of different palm trees you can create!



### WATER XYLOPHONE

Learn how to play 'Take Me Out to the Ball Game' or another one of your favourite sing-a-long songs using a water Xylophone. Before you start, make sure to ask an adult for some help with this activity. Fill 4-6 glasses with different amounts of water and gently tap each one with a spoon to hear how the sound travels differently through each glass. You can also add a drop of food colouring to each glass to help them stand out. Don't forget to send a video 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](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: \_\_\_\_\_

