



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.

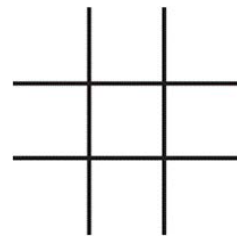
DAY 33 CHALLENGES – May 6th

1 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

TIC TAC TOE FITNESS

Grab a family member to play along with you and create a Tic Tac Toe board on a piece of paper like this: If you are X's, you are performing jumping jacks and if you are O's, you are performing squats. Each time you take your turn in Tic Tac Toe, perform 5 moves before putting your X or O on the board. Send a picture of your winning board to Jays Care to earn your points!



2 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

WALL BALL

Find a wall inside your home or a wall outside and practice your fielding! Find a ball (sponge or soft if you're inside) and bounce it off the wall to practice your fielding skills! See how many times you can field the ball in a row! Send Jays Care a picture of you in action to earn your points!

3 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

JUMPING JACK JIVE

Put on your favourite song and see how many jumping jacks you can do! Take breaks when you need them but see if you can do it all the way to the end! Send Jays Care a picture of you in action to earn your points!

4 CREATIVITY CHALLENGE

POINTS: 10

THE ULTIMATE ICE CREAM SUNDAE

The Blue Jays are looking for the tastiest ice cream sundae that they can enjoy after a winning a game on a long hot summer day. They are hoping that you can use your expertise in suggesting the most incredible ice cream sundae they have ever tried. What toppings do you recommend and how is it best served? Points will be awarded for the most unique and mouthwatering sundae recipes! Send to Jays Care to earn your points!

5 CREATIVITY CHALLENGE **POINTS: 10**

CREATE A BLUE JAYS NAME PLATE

The clubhouse is an important place for the Blue Jays. It is where they get ready for games and mentally prepare to play baseball in front of thousands of fans. The players are hoping that when the season begins, they will have a new name plate on top of each of their lockers. Can you design a name plate that will make your favourite Blue Jays player feel right at home? Send a picture of your name plates to Jays Care to earn your points!



6 CREATIVITY CHALLENGE **POINTS: 10**

SPY SPECS

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**

HAPPY FACE MASKS

Did you know that smiles are contagious? If you smile at someone, it is super likely that they will smile right back! Craft a positive emoji mask that you can use to brighten up someone's day. Choose your favourite design and once your construction paper cut-out is complete, tape it to a popsicle stick or pencil to hold it up for others to see. Send Jays Care a photo of you and your mask to earn points



8 KINDNESS CHALLENGE **POINTS: 10**

HOLD GRATITUDE CIRCLES AT DINNER

Dinner is the perfect time to get the family together and check-in with each other. Host a gratitude circle at your next dinner and see what your family is thankful for during this period of isolation. It is sure to brighten everyone's spirit and is a great reminder to take the time to appreciate the little things in life. Make sure to take a picture of your family all together and send it to Jays Care in order to get your 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!

	0	🥑	2
🍞	0	🍞	🍩
🍌	☕	🍌	12
🍩	0	🍩	🍟

🍟 ☕ 🍩 🍌 🥑 🍞

10 BRAIN CHALLENGE

POINTS: 10

DAILY RIDDLE

“What begins with T, finishes with T, and has T in it?” Send Jays Care your answer to earn your points!

11 BRAIN CHALLENGE

POINTS: 10

CRITICAL THINKING CORNER

If you could talk to trees, what do you think they might say? Create a conversation between you and a tree. Create a poster that explains your tree conversation and share with Jays Care to earn your points!

12 HEALTHY ATHLETE CHALLENGE

POINTS: 10

BRAIN MOTIVATION

Jays Care challenges you to read one chapter or one short story each day. Since your brain is a muscle it needs to be stretched and active every single day! Send in a picture of you reading your book to Jays Care to earn your points.

13 HEALTHY ATHLETE CHALLENGE

POINTS: 10

GROCERY SCAVENGER HUNT

Step 1: Go into your pantry/cupboard and find healthy snacks.

Step 2: Challenge someone in your house to go on a scavenger hunt.

Step 3: Hide the healthy snacks you picked out around your home and challenge the other person to find them

Step 4: Switch turns once your partner is done finding all of them.

Step 5: Challenge yourself by adding more healthy snacks or time yourselves to see if you can beat your time!

Send Jays Care a picture of your hunt to earn your points!

14 HEALTHY ATHLETE CHALLENGE

POINTS: 10

WATERMELON PIZZA

Do you love pizza so much you want to eat it for breakfast? Here is a way that you can! Take a slice of watermelon to use as your crust and use your favourite flavour of yogurt as your sauce. Then use your favourite fruit as toppings. This way you can eat pizza for breakfast. Send Jays Care a picture of your pizza to earn your points!



ICE CREAM IN A BAG

Yes, you read that correctly! Don't forget to take a photo and send to Jays Care to earn your mega points!

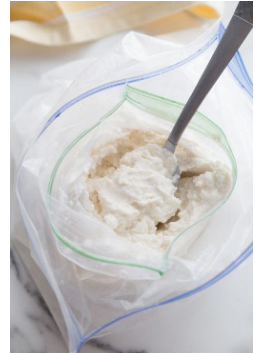
Step 1: Pour one cup of half and half or whole milk into a small Ziploc bag

Step 2: add 2 teaspoons of vanilla extract and 1 tablespoon of sugar. Seal the bag and get out any excess air

Step 3: In a larger Ziploc bag, fill it with some ice and 1/2 cup of salt

Step 4: Place smaller bag into large Ziploc bag and seal tightly

Step 5: Shake for about 7 minutes and enjoy with a spoon!





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.

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: _____

