



**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](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 34 CHALLENGES - May 7<sup>th</sup>

## 1 PHYSICAL ACTIVITY CHALLENGE POINTS: 10

### CIRCUIT CHALLENGE

Complete this circuit 3 times!

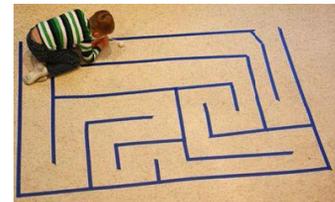
- |                               |  |
|-------------------------------|--|
| 1. 10 squats                  | 5. 10 high knees (each leg)                                |
| 2. 10 arm punches (each arm!) | 6. Bear Crawl to a nearby object 5 times                   |
| 3. 10 jumping jacks           | 7. Reach for the sky for 15 seconds                        |
| 4. 5 burpees                  | 8. Touch your toes<br>(or as close as you can get 5 times) |

Send a picture of you completing your circuit to Jays Care to earn your points

## 2 PHYSICAL ACTIVITY CHALLENGE POINTS: 10

### A-MAZE-ING RACE!

Create your own maze using items from your home. These can be things like pillows and blankets or even tape on the floor! Get an item you can roll and push it through the maze! If you have someone else at home, challenge them to complete your maze! Send a picture of your maze to Jays Care to earn your points.



## 3 PHYSICAL ACTIVITY CHALLENGE POINTS: 10

### SHAPE TARGET TOSS!

Make different shapes on the ground using tape, toys, or anything you can find. Make your shapes all different sizes and distances from where you plan to throw from. Assign each shape a different amount of points. Now grab something to throw, like a pair of rolled up socks, and try to land them in the shapes and see how many points you can rack up in 10 throws! Send a Jays Care a picture of your shapes to earn your points.



## 4 CREATIVITY CHALLENGE POINTS: 10

### DIY BASEBALL PICTURE FRAME

Using materials at home create a baseball picture frame or any frame to gift someone in your family. This could be a perfect gift for the many holidays or birthdays coming up. Send a Jays Care a picture of your frame to earn your points.



## 5 CREATIVITY CHALLENGE

POINTS: 10

### BUILD YOUR OWN GLOVE

Using a piece of cardboard create a baseball glove at home. This glove will help you work on fielding fundamentals and always using both hands! Start to customize it making it your own designs and adding details! Send a Jays Care a picture of your glove to earn your points.



## 6 CREATIVITY CHALLENGE

POINTS: 10

### \$15 TO BUILD YOUR...

Think of a topic like your dream cars, favourite meals, movie characters, or outfits etc., and come up with as many examples as you can for that topic. Now start sorting those examples into order from most important, or coolest (in your opinion), to least. Now set each level a price like the example below. Now give your family their \$15 and tell them to spend wisely! Send a Jays Care a picture of your \$15 board to earn your points.



## 7 KINDNESS CHALLENGE

POINTS: 10

### SING, SING & SING!

Scientists say that singing can help tame stress within individuals but also lift the spirits of those around them. So why not try singing a happy song for your friends, family or neighbours? Go curbside caroling with your family, create a music video and share far and wide, sing from your window like the Italians, or simply sing along to the radio. However you choose to sing, share it with the world for all to enjoy and don't forget to send in a photo or video of you belting it out to Jays Care to earn your points!

## 8 KINDNESS CHALLENGE

POINTS: 10

### POSITIVITY POEM

During this time, many of your friends and family may be feeling the same type of uncertainty as you. To reassure them, try writing a positivity poem that can help remind them to stay positive and hopeful. Take a picture of your poem and send it to Jays Care to earn your points.

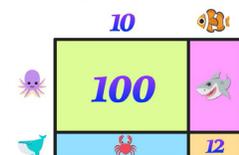
## 9 BRAIN CHALLENGE

POINTS: 10

### MATH TIME

Can you find the value of each item if the diagram represents the value of 182? Send Jays Care your answer to earn your points!

If the multiplication diagram below represents the value 182, find the value of each emoji.



## 10 BRAIN CHALLENGE

POINTS: 10

### DAILY RIDDLE

"I have a thousand needles but I do not sew. What am I?" Send Jays Care your answer to earn your points!

## 11 BRAIN CHALLENGE

POINTS: 10

### CRITICAL THINKING CORNER

Are you more like a river, a lake, an ocean, or a waterfall? Why? Create a poster that explains your answer and share with Jays Care to earn your points!

## 12 HEALTHY ATHLETE CHALLENGE

POINTS: 10

### COOL DOWN SNACK

Now that the weather is getting warmer out, you may need something frozen to cool you down. These Yogurt Bites are the perfect solution! Here are some steps that you can take to make this yummy snack:

Step 1 - Use a muffin tray and put cupcake liners in them.

Step 2 - Put a scoop of your favourite kind of yogurt in each cupcake liner.

Step 3 - Add your favourite fruit on top of the yogurt.

Step 4 - Place in the freezer until frozen.

Step 5 - Eat!



## 13 HEALTHY ATHLETE CHALLENGE

POINTS: 10

### PEARLY WHITES FLOSSING CHALLENGE

Keeping your teeth clean and strong is so important for your health! Your teeth not only provide you with a beautiful smile, but they also help you break up the food you eat to be digested easier! You have been challenged to floss your teeth every night before bed for 5 nights in a row! To make flossing more fun, put on your favourite song and floss your teeth until the song is over! Take a picture of you flossing your teeth and send it to Jays Care to earn your points!

## 14 HEALTHY ATHLETE CHALLENGE

POINTS: 10

### GET YOUR SUSHI ON

Do you love the thoughts of sushi but don't want to eat raw fish? Here is the perfect solution! You can hollow out a cucumber and use that as the roll and then stuff it with your favourite healthy snacks. For example, you could add carrots, ham, and cheese in the middle of your sushi role. Take a picture of your sushi creations and send to Jays Care to earn your points.



## BUILD A BAND

Start a family band by crafting some awesome homemade musical instruments. Use recycled materials you can find around your house to create tin can drums, paper plate tambourines or a cereal box guitar! Once you have assembled your instruments hold a concert and send a picture into Jays Care of everyone rocking out!





# 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: \_\_\_\_\_

