



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 35 CHALLENGES – May 8th

1 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

TIME TRIAL SCAVENGER HUNT!

How fast can you find these items in your home? Time yourself and see!

1. Something you can eat
2. Something soft
3. Something that makes you smile
4. Something with your favourite colour on it
5. Something tough
6. Something you play with
7. Something you wear
8. Something that comes in a pair
9. Something from your room
10. Something you can read

Send a picture to Jays Care of all your items from your scavenger hunt! BONUS: Wear your Blue Jays gear to complete this challenge OR use something Blue Jays to help complete your scavenger hunt!

2 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

SKIP, HOP, JUMP!

Complete the challenge and see how many skips you can do in 30 seconds, how many hops then how many jumps! Write down how many you completed for each and then try to beat it next time! Send Jays Care a picture of you in action to earn your points!

3 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

PICK A WINNER!

Gather some sheets of paper and a pen. Cut them up into strips and write an exercise or stretch on each one. Place the strips in a bowl or cup and shuffle them around. Pick 5 exercises to perform each day! Send Jays Care a picture of your cup or bowl of exercises!

4 CREATIVITY CHALLENGE

POINTS: 10

DEEP BLUE SEA

Imagine you're a scuba diver and your home is the bottom of the sea! Practice your swimming under water and take us on a tour of all the underwater place in your home and see what creatures you can find! Send Jays Care a video of your underwater exploration to earn your points!

10 BRAIN CHALLENGE

POINTS: 10

DAILY RIDDLE

“Some months have 30 days, some months have 31 days. How many have 28?” Send Jays Care your answer to earn your points!

11 BRAIN CHALLENGE

POINTS: 10

CRITICAL THINKING CORNER

If you could live the rest of your life with only buttons or zips on your clothes which would you choose? Why did you choose one or the other? Imagine button up shoes? Or zip up shoes? Cool, eh? Create a poster that explains your answer and share with Jays Care to earn your points!

12 HEALTHY ATHLETE CHALLENGE

POINTS: 10

I HEART MY HEART

Your heart is one of the most important muscles in your body. It is responsible for sending blood and oxygen to different parts of your body! It is your responsibility to keep your heart as HEALTHY as possible! Create an outline of a heart on a piece of paper and fill it in with different ways that you can keep your heart healthy, happy and strong everyday! Fill in your heart with pictures, words, actions and send Jays Care a picture of your heart to earn your points!



13 HEALTHY ATHLETE CHALLENGE

POINTS: 10

PULSE CHECK

Although your heart lives inside of your body, there are many ways you can check if it's working from the outside too! Take two fingers, and lightly press the side of your neck just below your jaw or the inside of your wrist. If you feel a light pulsing that is your heart beating! Hold your pulse for one minute and count how many beats you hear. When you're resting, your heart rate will be slower, but if you're moving around your heart rate will be faster! You have been challenged to count your heart rate for one minute after resting and then one minute after moving around! Take a picture of you checking your pulse and send it to Jays Care to earn your points!

14 HEALTHY ATHLETE CHALLENGE

POINTS: 10

VEGGIE AND FRUIT RESEARCH

Go into your fridge and pick out your favourite fruit or veggie. Research a recipe that has your veggie and fruit in it and create a recipe using that item. Challenge yourself and select more than one item to make your favourite fruit or veggie into your favourite dish.

CREATE A PET

Have you always wanted a pet, but your family said no? Well now is your chance to create all the pets your heart desires! Use recycled materials to construct a number of furry friends to have around the home. Take a picture of all the crafty pets you come up with and send it into 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.

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: _____

