



**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 36 CHALLENGES - May 11<sup>th</sup>

### 1 PHYSICAL ACTIVITY CHALLENGE POINTS: 10

#### AIR GUITAR CHALLENGE

Put on your favourite song and show us your air guitar skills! Get your moves on and bring us to a rock show! Send Jays Care a video of you rocking out to earn your points.

### 2 PHYSICAL ACTIVITY CHALLENGE POINTS: 10

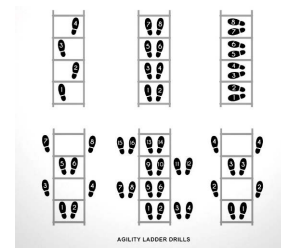
#### BALLOON HOME RUN DERBY

Have any balloons lying around at home? Blow them up and have yourself a Home Run Derby! Set up your own outfield fence and count how many times you can hit balloons out of the park! Dress up in your Blue Jays gear and send Jays Care a video of you hitting a balloon home run to earn your points.

### 3 PHYSICAL ACTIVITY CHALLENGE POINTS: 10

#### LADDER CHALLENGE

Grab some tape, pencils, pens, markers or anything else you have at home and create your own agility ladder on the floor. Go through your agility ladder 10 times using the foot patterns in the photo above or design your own patterns! Send Jays Care a picture of your agility ladder course to earn your points.



### 4 CREATIVITY CHALLENGE POINTS: 10

#### BLUE JAYS TEAM AWARDS

If you were the manager of the Blue Jays, what awards would you give out to players on your team at the end of the season? Design a list of 5-10 team awards that you would give out - send a list of your creative and thoughtful awards to Jays Care to earn your points.

### 5 CREATIVITY CHALLENGE POINTS: 10

#### WHERE WILL YOU VISIT FIRST?

Create a drawing of the place you are most eager to visit once it opens back up. It might be your favourite restaurant, the movie theatre, the library, a park, or anywhere else you miss. Send Jays Care a picture of your drawing to earn your points.

## 6 CREATIVITY CHALLENGE

POINTS: 10

### LIP SYNC CHALLENGE

Pick a song to lip sync to and own the imaginary stage! Pretend as if you are performing to a crowd of thousands of people! Send Jays Care a video of your superstar performance to earn your points.

## 7 KINDNESS CHALLENGE

POINTS: 10

### JOKE STALL

Imagine the Joke Stall like a lemonade stand, only instead it's your one stop shop for knock-knock jokes! Set up a space in front of where you live and prepare some of your favourite jokes by writing them down on a piece of paper. When someone walks by your house and visits your joke stall from a distance, tell them a joke! This will be sure to brighten someone's mood and keep them laughing and smiling. Send Jays Care a photo of you in your joke stall to earn your points!

## 8 KINDNESS CHALLENGE

POINTS: 10

### VIRTUAL LUNCH DATE WITH FRIENDS

Do you miss spending lunchtime with your friends? I bet they miss it too! Set up a virtual lunch date with some of your closest pals and enjoy your lunch together. It is a great way to catch up and can help create a sense of normalcy during this time. Make sure to take a picture of your virtual date and send it into Jays Care to earn your points!





## 9 BRAIN CHALLENGE

POINTS: 10

### MATH TIME

Can you determine the correct value of each of the items in the multiplication table (the potion, hand, lips, bat and moon)? Send Jays Care your answer to earn your points!

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

	2	
	1	
	3	
		12
		

## 10 BRAIN CHALLENGE

POINTS: 10

### DAILY RIDDLE

What has a thumb and four fingers but is not alive? Send Jays Care your answer to earn your points!

**11****BRAIN CHALLENGE****POINTS: 10****CRITICAL THINKING CORNER**

How would you explain a flower to someone who has never seen or heard of one before? What do they look like? What about smell? Where do they grow? Create a poster that you would use to help you in your explanation. Send a picture of your poster to Jays Care to earn points.

**12****HEALTHY ATHLETE CHALLENGE****POINTS: 10****MAGICAL MEAL COLLAGE CHALLENGE**

Materials needed: 2-3 magazines/newspapers, scissors, glue, one piece of paper. Find a few magazines or newspapers around your home. Flip through them and find pictures foods that look yummy AND healthy - aim for 10-20 pictures! With permission and/or help from your parent/guardian, cut the pictures out! Once you have your pile of healthy food and meal pictures, glue them onto a piece of paper to make your magical meal collage! Send a picture of your collage to Jays Care to earn your points!

**13****HEALTHY ATHLETE CHALLENGE****POINTS: 10****PEARLY WHITES CHALLENGE!**

After we eat our healthy meals, it's important to keep our teeth healthy! This is called having good dental hygiene! For this challenge, brush your teeth after each meal you eat today! Take a picture of you brushing your teeth and send it to Jays Care to earn your points!

**14****HEALTHY ATHLETE CHALLENGE****POINTS: 10****KEEP THAT TISSUE UP**

Materials: 2-3 tissues. Play keep-up starting with one tissue - throw it in the air as high as you can, and don't let it touch the ground! How many times can you throw the tissue in the air and catch it? Are you an expert at this game? Add another tissue! Try to keep two tissues in the air and catch them before they hit the ground! Feeling BOLD? Try THREE tissues! If that's still too easy, see how many tissues you can keep up at once! Send Jays Care a video clip along with a total of how many tissues you were able to keep up at once to earn your points.

**15****DAILY MEGA-CHALLENGE****POINTS: 50****30-SECOND COMMERCIAL**

Just like the commercials that we see on TV and online, create one of your own to teach us about your favourite activity! Your 30-second commercial should aim to answer these three important questions:

- 1) What is your favourite activity?
- 2) Why is it your favourite?
- 3) How does it make you feel?

Send a video of your 30-second commercial 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: \_\_\_\_\_

