



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 37 CHALLENGES – May 12th

1 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

STRETCH IT OUT

Take yourself through a 5-minute warm-up after getting out of bed! Pick at least one stretch for your legs, arms, and back. Send Jays Care a picture of yourself holding your favourite stretch to earn your points.

2 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

ALLIGATOR CHOMPS

Grab a ball and get ready to practice your fielding position “alligator chomps”! Find a wall (with permission) and toss the ball against it. When the ball bounces back to you, practice fielding it with two hands, and you’ll notice your hands come together like an alligator mouth! Practice this technique a few times and once you get the hang of it, time yourself for 30 seconds and see how many times you can consecutively toss the ball off the wall and field it within the allotted time. Send Jays Care a picture of your alligator chomp technique to earn your points.

3 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

100 SECOND CHALLENGE

See how many repetitions of each exercises you can do in 100 seconds!

- Jumping jacks
- Squats
- Hops
- Air punches
- Sit-ups
- Burpees

Send your scores into Jays Care to earn your points.

4 CREATIVITY CHALLENGE

POINTS: 10

MAKE YOUR OWN BLUE JAYS EQUIPMENT BAG

Using your creativity, take items around your home to design a new Blue Jays equipment bag. Do your best to make the bag with whatever supplies you have available to you. Send Jays Care a picture of the bag along with your top 3 reasons why every Blue Jays player needs one to earn your points.



5 CREATIVITY CHALLENGE

POINTS: 10

CREATE A BLUE JAYS PRACTICE PLAN

Guess what?! The Blue Jays have decided to give you a shot at coaching the team for a day. However, before you take the field, management wants to make sure that you are equipped and ready with a practice plan. Put together a plan for a 1-hour Blue Jays practice. What skills will you have the players work on? What will you tell the players to motivate them? Send Jays Care a copy of your practice plan to earn your points.

6 CREATIVITY CHALLENGE

POINTS: 10

FOOD FOR THOUGHT - JOURNAL ENTRY

If a turtle could wear sneakers, what would their favourite brand be? Write on paragraph explaining which brand you think they would choose and why. Send your paragraph to Jays Care to earn your points.

7 KINDNESS CHALLENGE

POINTS: 10

HELP UNLOAD THE GROCERIES

The next time someone comes home with groceries, offer to help unload them and put them away. This is a small gesture but one they are sure to appreciate. Just make sure you put everything away in the right place, so you don't have to rearrange it all later! Send Jays Care a picture of you helping out with the groceries to earn your points.

8 KINDNESS CHALLENGE

POINTS: 10

BAKE FOR A NEIGHBOUR

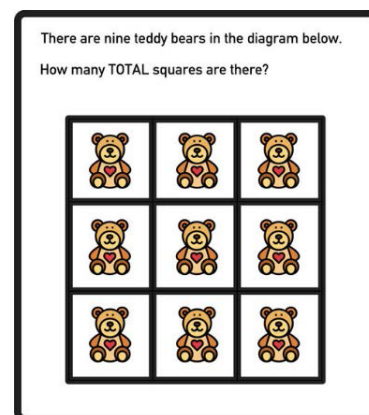
The next time you bake some muffins, bread, or cookies, make sure to make some extra and bring it over to a neighbour! Wrap them up nice and leave a note letting them know that you are thinking of them during this time. It is sure to put a smile on their face! Send a picture of your baked goods to Jays Care to earn your points!

9 BRAIN CHALLENGE

POINTS: 10

MATH TIME

There are 9 teddy bears in the above diagram. How many TOTAL squares are there? Send Jays Care your answer to earn your points!



10 BRAIN CHALLENGE

POINTS: 10

DAILY RIDDLE

What has 4 wheels and flies? Send Jays Care your answer to earn your points!

11 BRAIN CHALLENGE

POINTS: 10

CRITICAL THINKING CORNER

Do you think it is better for kids to play video games or watch TV? Create a poster that lists out the pros and cons of each and make a case for which activity you think is better. Send Jays Care a picture of your poster to earn your points.

12 HEALTHY ATHLETE CHALLENGE

POINTS: 10

MAGICAL MEAL COLLAGE CHALLENGE

Show your love for food by writing a poem about your favourite fruit, vegetable, meal or snack! A haiku poem is a simple poem that is made up of 3 lines:

- Line 1: 5 syllables
- Line 2: 7 syllables
- Line 3: 5 syllables

For example:

Juicy and vibrant.

It grows from the ground with seeds.

A red strawberry.

Send a copy of your poem to Jays Care to earn your points!

13 HEALTHY ATHLETE CHALLENGE

POINTS: 10

SOUPerstar EXTRAORDINAIRE

Making a soup can be a lot of fun because you can use different ingredients every single time! Use any items you have in your fridge or cupboard (for example vegetables or beans) and add a liquid base like milk, cream or water). Work with an adult to help you chop your ingredients and let it simmer for 1-2 hrs before eating! Give your SOUPerstar pot a name and send a picture to Jays Care to earn your points!



14 HEALTHY ATHLETE CHALLENGE

POINTS: 10

HOMEMADE JUICE CHALLENGE

Did you know that many juices sold in grocery stores are filled with lots of added sugar? Your challenge is to make your very own juice at home! Use an orange, a grapefruit, or apple and squeeze the juice out until you have a glass of freshly squeezed fruit juice! If you need to cut the fruits, make sure you have an adult help you. Send a picture of you "juicing" to Jays Care to earn your points!

15**DAILY MEGA-CHALLENGE****POINTS: 50****WILDLIFE SNAPSHOT**

Warm spring weather is officially here! That means there are so many sights and sounds of animals and critters that can be noticed when spending some time outdoors. Take on the role of a wildlife photographer for a day and try to capture a unique photo of wildlife in your neighbourhood. If you are not able to leave your home, see if there are any animals you can spot out the window! Submit your top photos 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, 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: _____

