



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 38 CHALLENGES – May 13th

1 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

SOCK TOSS

Practice your throwing skills using a rolled-up pair of socks! Set up different targets from a variety of distances and practice your accuracy! Send Jays Care a picture of you throwing at the targets to earn your points.

2 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

BOOK WORKOUT

Find any book, magazine or newspaper you have around your home. Turn to any page or section and start reading (ask an adult for help if needed). Count how many times the following words are used on that page:

- AND
- A
- THE

At the end of the page, complete the following:

- Jumping jacks for every “AND”
- Squats for every “A”
- Run on the spot for 10 seconds for every “THE”

BONUS: If you want to challenge yourself even more, try doing this activity using multiple pages or even a whole chapter! Send Jays Care a picture of your book and of you doing one of the three moves to earn your points.

3 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

SKIPPING

Complete each skipping move on the list below for 1 minute. If you have a jump rope, great, if you do not- no problem! You can still try out all the moves using an “imaginary jump rope.”

1. Two legged hops
2. Single leg hops (30 seconds each leg)
3. Side to side hops
4. Switch feet, single leg hops
5. Double-unders

Send Jays Care a video of you performing your favourite move to earn your points!



4**CREATIVITY CHALLENGE****POINTS: 10****LIP SYNC CHALLENGE**

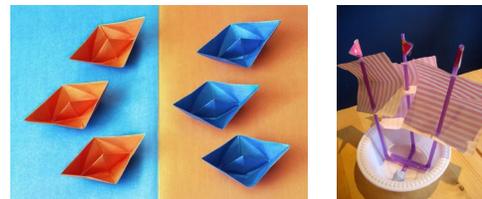
Pick one of your favourite songs and record yourself lip syncing it! Pretend as if you are performing to a crowd of 30,000 people and try your best to really own the stage! Send Jays Care a video of your performance to earn your points.

5**CREATIVITY CHALLENGE****POINTS: 10****BUILD THE NEW AMERICAN LEAGUE MVP TROPHY OR PLAQUE**

Using items around your home, create a new trophy or plaque that is designed to be awarded to the Most Valuable Player in the American League next year (the American League is the league the Blue Jays play in). Send Jays Care a picture of your homemade award along with a brief description explaining how you built it to earn your points.

**6****CREATIVITY CHALLENGE****POINTS: 10****HOMEMADE BOAT**

Using any items around your home create a unique boat. Give your boat a name and send Jays Care a photo of it to earn your points.

**7****KINDNESS CHALLENGE****POINTS: 10****CHORE CUBBIES**

Set up a space in your home where you can keep track of all the good deeds and chores that you complete in one week. Each time a chore or good deed has been completed, write it on a sticky note and place that inside your cubby. For fun, invite a sibling or long-distance friend and have everyone create a cubby of their own. Compete against each other to see who can fill their cubby the most during the week. You can decide what each weekly prize will be for the winner! Take a photo of your Chore Cubbie and send it to Jays Care to earn your points!

8**KINDNESS CHALLENGE****POINTS: 10****KINDNESS ANAGRAM**

The letters of your name can also be used to spell out different words and create new sentences. Think about one act of kindness that starts with each of the letters of your first or last name. For example, if your name is Ben, you could write:

- B**ake a cake for a friend
- E**njoy each other's company
- N**ice attitude

Share your anagram with Jays Care to earn your points!

9**BRAIN CHALLENGE****POINTS: 10****MATH TIME**

There are 20 people in a room. If everybody shakes each other's hands once and only once, how many handshakes are there all together? Send Jays Care your answer to earn your points!

10**BRAIN CHALLENGE****POINTS: 10****DAILY RIDDLE**

What has 88 keys but cannot open a single door? Send Jays Care your answer to earn your points!

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

If you had to pick a colour for everyone in the world to dye their hair, what colour would you choose? Draw a picture of a person with your choice of hair colour and send Jays Care a clip of you explaining why you picked that colour to earn points!

12**HEALTHY ATHLETE CHALLENGE****POINTS: 10****CREATE YOUR OWN FRUIT AND VEGGIE RESTAURANT**

Imagine you are starting your own restaurant that only serves fruits and vegetables? Create a restaurant name, draw a sign and make a menu for your customers to enjoy! If you are feeling adventurous, you could even make one of the meals on your menu for your family to enjoy. Send of picture of your restaurant sign and menu to Jays Care to earn your points.

13**HEALTHY ATHLETE CHALLENGE****POINTS: 10****RED LIGHT, GREEN LIGHT - FOOD EDITION**

Create a traffic stoplight diagram that has a different food item in place of each colour.

- Green light foods are ones that you like to enjoy all the time
- Yellow light foods are things you like to enjoy sometimes.
- Red light foods are foods that you don't like to eat very often!

Send a picture of your completed stoplight to Jays Care to earn your points!

14**HEALTHY ATHLETE CHALLENGE****POINTS: 10****FOOD JOURNAL**

Create a journal with all the meals you have eaten this week. Make sure to add how it tastes, how it made you feel, and what healthy ingredients were in it. This journal will help you keep track of your eating habits and ensure you are eating enough nutrient-dense foods. Share your favourite journal entry with Jays Care to earn your points!

15**DAILY MEGA-CHALLENGE****POINTS: 50****RE-ARRANGE YOUR ROOM**

Having some extra time on your hands is a great opportunity to rearrange or re-decorate your room. Try moving your bed around and see how new and fresh it makes your room feel!

Re-designing a room can be loads of fun and is a task that can get the whole family involved.

Take a before and after picture and send it into Jays Care so we can see the transformation and you can 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: _____

