



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 39 CHALLENGES - May 14th

1 PHYSICAL ACTIVITY CHALLENGE POINTS: 10

TREE POSE

Tree Pose is a very popular yoga pose that stretches your whole body. How long can you hold tree pose for on each side? Send a picture to Jays Care of your best tree pose and let us know how long you were able to hold it for to earn your points.



2 PHYSICAL ACTIVITY CHALLENGE POINTS: 10

SIDEWALK CIRCUIT

To do this challenge, you will need one square of space either on the sidewalk or on the floor in your home (using tape). To begin, pick one corner to stand on and complete the following as fast as possible:

- Run around the box
- Hop on two feet around the box
- Shuffle around the box

*Change direction after you complete one full rotation

Time yourself and see how fast you can complete the whole circuit. Challenge yourself to beat your time or challenge a family member/friend to beat their time. Send Jays Care a picture of your box along with your best times to earn your points.



3 PHYSICAL ACTIVITY CHALLENGE POINTS: 10

TABATA FUN!

Tabata workouts involve 20 seconds of hard work followed by 10 seconds of resting, repeated 8 times. Grab a stopwatch and tryout a Tabata workout! There are also Tabata-timed songs available online. Choose some of the exercises from the list below and perform them Tabata Style for 8 rounds:

- | | |
|------------------------|---------------|
| 1. Jumping jacks | 4. High knees |
| 2. Squat jumps | 5. Sit-ups |
| 3. Running on the spot | 6. Punches |

Send Jays Care a video of you completing a Tabata workout to earn your points.

4**CREATIVITY CHALLENGE****POINTS: 10****CREATE YOUR OWN CREATIVITY CHALLENGE**

Your task is to create your own creativity challenge, and then challenge a family member or friend to try it out! Get creative, get wacky, let's hear what you've got! Send Jays Care a description of the challenge you created to earn your points.

5**CREATIVITY CHALLENGE****POINTS: 10****LIVING ROOM RESTAURANT**

Create a first-class restaurant experience for your family members. Set up an upscale-themed dinner table, along with music in the background and be their personal waiter! How creative can you be with their dining experience? Send Jays Care a picture of your dining room setup to earn your points.

6**CREATIVITY CHALLENGE****POINTS: 10****DICE BASEBALL**

Using a piece of cardboard, try your best to re-create the dice baseball game pictured below. If you are looking for an extra challenge, create your own version of a similar game. All you need is a dice and your imagination! Put your favourite baseball movie on and enjoy this homemade activity. Send a picture of your homemade game to Jays Care to earn your points.

**7****KINDNESS CHALLENGE****POINTS: 10****SHARE YOUR LAST BITE**

The last bite of your favourite meal or dessert is always the best! That is why they always say to save the best for last! However, we challenge you to share the last bite of your next favourite meal with a loved one - the ultimate act of kindness! Make sure to snap a pic of them enjoying your bite and send it in to Jays Care to earn your points!

8**KINDNESS CHALLENGE****POINTS: 10****BREAKFAST IN BED**

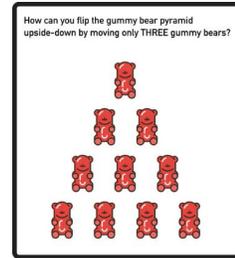
Who doesn't love breakfast in bed? Surprise a family member by making them their favourite breakfast food and bringing it to them in bed. Think about which day would be best to serve breakfast in bed, so the person receiving it has time to relax and enjoy their meal. Just don't forget the napkins! Make sure you snap a picture of them enjoying their breakfast and send it in to Jays Care to earn your points.

9 BRAIN CHALLENGE

POINTS: 10

MATH TIME

How can you flip the gummy bear pyramid upside-down by moving only THREE gummy bears? Send Jays Care your answer to earn your points!



10 BRAIN CHALLENGE

POINTS: 10

DAILY RIDDLE

Who can shave 25 times a day but still have a beard? Send Jays Care your answer to earn your points!

11 BRAIN CHALLENGE

POINTS: 10

CRITICAL THINKING CORNER

If aliens landed on earth today and were hungry, what meal would you serve them in order to WOW them?! Write down the recipe you would use to impress the aliens with a description of why you chose it. Don't forget to take a picture of your recipe and send it to Jays Care to earn your points!

12 HEALTHY ATHLETE CHALLENGE

POINTS: 10

GET YOUR HEALTHY PAINT ON

If possible, find a rock that is big enough for you to draw or paint on (but not too big that you can't carry it home). Grab some paint or markers and paint your favourite healthy foods on your rocks. Don't forget to take a picture of your artistic creations and send them to Jays Care to earn your points!



13 HEALTHY ATHLETE CHALLENGE

POINTS: 10

BEARY GOOD TOAST

Take a piece of bread and toast it until it is just the way you like it. While the bread is in the toaster get out some peanut butter, bananas and blackberries. Once your toast is ready, spread the peanut butter on your toast and place the bananas and berries on top to make it look like a bear! Don't forget to take a picture of your Beary Good Toast and send it to Jays Care to earn your points.



14**HEALTHY ATHLETE CHALLENGE****POINTS: 10****EATING WITH THE TURTLES.**

Have you ever wanted to swim with the turtles? Take a green apple and slice it in half (with permission and help from an adult). After you have sliced the apple, place it on the plate (core facing down). Take green grapes and place them so they look like legs and a head. Place two raisins on one of the grapes as the eyes of the turtle. You can then add goldfish crackers if you want to add to your underwater adventure! If you don't have any of the items mentioned above, see if you can find creative substitutes in your home! Once you have completed your turtles, take a picture and send it to Jays Care to earn your points!

**15****DAILY MEGA-CHALLENGE****POINTS: 50****LEARN A NEW HOBBY**

Now is the time to learn that hobby you have always wanted to try. It may be reading, knitting, trying a new sport or even playing an instrument. Whatever it may be, put some time aside this week to try it out and see if you enjoy it! Create a schedule and challenge yourself to practice the hobby at least three times this week. You can do it! Make sure you send Jays Care a picture of you practicing this new hobby 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: _____

