



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 40 CHALLENGES – May 15th

1 PHYSICAL ACTIVITY CHALLENGE POINTS: 10

6-PACK ABS

Having a strong core is super important for everyday activities. Set a timer for 3 minutes. Every 45 seconds switch your move.

- | | |
|----------------|-----------------|
| 1. Sit-ups | 3. Heel touches |
| 2. Toe touches | 4. Plank |

Try this for 3-5 days per week and see if you can complete more repetitions in 45 seconds and if you feel stronger! Send Jays Care a picture of you performing your favourite ab exercise to earn your points!



2 PHYSICAL ACTIVITY CHALLENGE POINTS: 10

LUNGE IT OUT

Start off by doing two sets of 25 jumping jacks to warm up. Once you are nice and loose, find a hallway in your home or a strip of sidewalk outside and perform as many walking lunges down and back as you can.

****Make sure you stop a few reps before complete failure to avoid injury****

Send Jays Care a picture of you lunging with your total rep count to earn your points!



3 PHYSICAL ACTIVITY CHALLENGE POINTS: 10

SHOE TOSS

Put on an old pair of shoes (ones you are okay with getting dirty) and head outside. If you want to complete this in your home, put on a pair of slippers and find a long space (either a hallway or big room). Untie one shoe so that it is loose and take a giant step and try to fling your shoe as far as you can. Once you are done, perform a bunny hop on the foot that still has a shoe on, all the way to where your shoe landed. Repeat and try using your opposite foot. Take a picture of how far you could toss your shoe and send it to Jays Care to earn your points.



4**CREATIVITY CHALLENGE****POINTS: 10****ONLINE VIDEO HANGOUT**

Come up with a creative idea of a game you can play with family/friends through a video call. Some games to consider include: Finish the Lyrics, Trivia, Dance Party or Zumba Hour! Send Jays Care a photo from your hangout to earn your points!

5**CREATIVITY CHALLENGE****POINTS: 10****DESSERT ISLAND**

Not your typical island! You own an island that ships always seem to become shipwrecked near! Since all of the people on the ship come to your island to survive, you've decided to open up a dessert shop to keep them happy while they wait for rescue! Create a menu of different island themed desserts that your guests can enjoy while you call for help! Send Jays Care a picture drawn out of one of your delicious desserts to earn your points.

6**CREATIVITY CHALLENGE****POINTS: 10****FARM TEAM**

Put together your best "Baseball Farm Team", filling all 9 positions on the field using your favourite farm animals! Make sure to give each of your players a creative name and why they're the best fit for the position that you put them in! Send Jays Care a description of your roster to earn your points.

7**KINDNESS CHALLENGE****POINTS: 10****KINDNESS CARD**

Create and decorate your very own kindness card to give to a friend or family members. This is a card that is intended to encourage and brighten someone's mood. Take a photo of your kindness card and send it to Jays Care to earn your points!

8**KINDNESS CHALLENGE****POINTS: 10****HOPE ROCKS**

On your next walk around your neighbourhood, look for a few flat rocks that would be good for drawing on. Take them home to decorate and write messages of hope and kindness. Place them around your community, for others to be inspired by on their next walk around the neighbourhood. Take a photo of your hope rocks and send them to Jays Care to earn your points!

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

Using only addition, how can you add eight 8's to get the number 1,000? Send Jays Care your answer to earn your points!

10 BRAIN CHALLENGE

POINTS: 10

DAILY RIDDLE

I am an odd number. Take away a letter and I become even. What number am I? Send Jays Care your answer to earn your points!

11 BRAIN CHALLENGE

POINTS: 10

CRITICAL THINKING CORNER

If you were tasked with creating a new sport, what would you create? On a poster describe this new sport. What is it called? How is it played? What would the uniforms look like? Send a picture of your poster to Jays Care to earn your points!

12 HEALTHY ATHLETE CHALLENGE

POINTS: 10

FAMILY CHEF CHALLENGE

Help create the ultimate healthy dinner for your family. Plan out your dinner by seeing what is in your fridge and then lookup some online recipes to share with the individuals in your home. To earn your points, send Jays Care a photo of you and your family enjoying an awesome, healthy meal.

13 HEALTHY ATHLETE CHALLENGE

POINTS: 10

REST YOUR BRAIN CHALLENGE

Did you know that children are supposed to get 10-12 hours of sleep a night? Challenge yourself and go to bed 30 minutes earlier. Earn your points by taking a photo of you and your alarm clock.

14 HEALTHY ATHLETE CHALLENGE

POINTS: 10

RAP YOUR WRAP

Create a sandwich wrap using 5 healthy foods (i.e., cucumber, peppers, cheese, etc.). As you make the sandwich, put on your favourite song and bust out the lyrics with your best dance moves. Send Jays Care a video of you "rapping your wrap" to earn your points.



15 DAILY MEGA-CHALLENGE

POINTS: 50

HOST A COMEDY NIGHT

Do you consider yourself the funny one in the family? Got some good jokes up your sleeve? Why not host a comedy night with your family and get the laughs going?! You can either challenge everyone to come up with their own jokes or you can read off your favourites from the internet. Set up a stage, have a real (or fake) microphone, and get some snacks ready - everyone is bound to be excited for this comedy night! Make sure to take a picture of the event and send it 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: _____

