



**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 41 CHALLENGES - May 18<sup>th</sup>

## 1 PHYSICAL ACTIVITY CHALLENGE POINTS: 10

### CREATE A NEW 7TH INNING STRETCH!

It's your turn to create a dance or stretch routine that could be used at Rogers Centre during the 7th inning stretch to keep fans energized! Send Jays Care a video of your new stretch to earn your points!

## 2 PHYSICAL ACTIVITY CHALLENGE POINTS: 10

### BALANCING ACT

How long can you balance on one foot? Time yourself on both sides and see how long you can hold it! Too easy? Close your eyes and see how long you can balance for now! Send Jays Care a picture of you balancing along with your total time to earn your points!

## 3 PHYSICAL ACTIVITY CHALLENGE POINTS: 10

### FITNESS FIND!

See how long it takes you to find each of the fitness words in this word search and the complete 10 reps of any 5 of the exercises. Send Jays Care a photo of you completing your word search to earn your points!

### Fitness Finds

O	K	S	B	U	R	P	E	E	U	K	P	U	R
E	S	P	K	H	O	L	P	L	A	N	K	R	K
A	P	U	H	S	U	P	M	E	R	U	S	K	E
R	U	N	T	S	P	M	U	J	G	O	R	F	A
L	I	F	P	S	K	C	I	K	T	N	O	R	F
K	U	P	L	C	B	P	K	I	K	K	H	M	N
N	P	N	F	C	A	I	N	O	N	H	U	P	C
P	P	T	G	C	B	K	I	C	K	G	C	J	C
I	R	C	J	E	R	S	C	S	Q	U	A	T	A
I	G	C	K	C	A	J	G	N	I	P	M	U	J
S	E	E	N	K	H	G	I	H	B	P	C	R	T
A	R	M	C	I	R	C	L	E	G	B	S	N	B
R	B	E	A	R	C	R	A	W	L	K	M	E	C
E	B	A	C	K	K	I	C	K	S	F	A	B	K

- FRONT KICKS
- PLANK
- BURPEE
- FROG JUMPS
- SKIP
- LUNGE
- BEAR CRAWL
- JUMPING JACK
- ARM CIRCLE
- SQUAT
- BACK KICKS
- PUSH UP
- HIGH KNEES

**4****CREATIVITY CHALLENGE****POINTS: 10****COMMISSIONER FOR A DAY!**

Major League Baseball is looking for your help for some cool, new ideas! If you could change one thing in baseball (i.e. a new rule), what would it be? Write a short paragraph explaining your change and send it to Jays Care to earn your points!

**5****CREATIVITY CHALLENGE****POINTS: 10****REPRESENTING YOUR CITY**

Did you know that every city in Canada has its own flag? It's time to recreate yours! Search up the flag of your city on the Internet and make a new one. Take a picture of your new city flag and send it in to Jays Care to earn your points!

**6****CREATIVITY CHALLENGE****POINTS: 10****THE STOP SIGN**

Did you know that stop signs originated in Michigan in 1915? The first ones had black lettering on a white background and were 24 by 24 inches (61 cm x 61 cm), which is smaller than the current sign. We think it's time for a new design! Recreate a new stop sign and send a picture to Jays Care to earn your points!

**7****KINDNESS CHALLENGE****POINTS: 10****SNAIL MAIL MOSAIC**

No matter your age, it is safe to say that everyone enjoys opening mail from loved ones. Begin your own chain mail to send along to your friends or family. Once they receive your mail, it is their turn to contribute a positive message, memory or image and mail it along to the next person on the list. The final product is sure to put a smile on everyone's face. Take a photo of your mail and send it to Jays Care to receive points!

**8****KINDNESS CHALLENGE****POINTS: 10****FAMILY & FRIEND BOUQUET**

Draw a bouquet of flowers, with each flower representing a family member or loved one. On the petals of each person's flower, write out some qualities that make that person special to you. This bouquet of loved ones is a reminder of all the people who love, support and make life beautiful. Send a photo of your flower bouquet to Jays Care to earn points!



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

Can solve today's math puzzle? Send Jays Care your answer to earn your points!

$1 + \text{cat} \times \text{cat} = 17$   
 $\text{cat} \times \text{ghost} \times \text{ghost} = 36$   
 $\text{cat} \times \text{ghost} \times \text{cheese} = 72$   
 $\text{cat} - \text{ghost} + \text{cheese} = ?$

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

"I have lakes with no water, mountains with no stone and cities with no buildings. What am I?"  
Send Jays Care your answer to earn your points!

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

In your opinion, what is the most urgent issue in our world, and why do you feel this way? What do you think could be a way to solve this issue? Create a poster to explain your answer and send a picture of it to Jays Care to earn points.

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**HEALTHY ATHLETE CHALLENGE****POINTS: 10****HOST A TORONTO BLUE JAYS COOKING SHOW**

It's time to dress up and pretend to be your favorite Toronto Blue Jays player. Ask your parent/guardian to film you while you host your very own cooking show. Don't forget to introduce yourself! Choose your favorite snack to make and walk your audience through how you make it! Send Jays Care a video of your show to receive your points!

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**HEALTHY ATHLETE CHALLENGE****POINTS: 10****FRUIT JUGGLE CHALLENGE**

Do you know how to juggle? If your answer is no - let's learn together! Grab 3 of your favourite round fruits (like 3 apples, 3 oranges, 3 lemons or 3 limes) and learn to juggle your fruit by watching this video: <https://www.youtube.com/watch?v=QxzSHRbLAX4>

Send a video of you juggling your fruit to Jays Care to receive your points!

**14****HEALTHY ATHLETE CHALLENGE****POINTS: 10****KITCHEN MASTER CHALLENGE**

Have you ever wondered how to use one of the appliances in your kitchen? Now is your chance to learn! Pick one kitchen appliance that you're the most curious about and ask your parent or guardian to give you a tutorial on how to safely use it! **BONUS:** help your parent/guardian create a snack or meal with that appliance today! Some kitchen appliance ideas: microwave, stove, blender, coffee/tea machine, toaster, toaster oven, waffle maker, etc... Take a picture of you and your adult doing your appliance lesson and send to Jays Care to receive your points!

**15****DAILY MEGA-CHALLENGE****POINTS: 50****CULTURE EXCHANGE**

Connect with a friend or classmate to learn about one another's culture. Plan to share a piece of your culture such as your language, dance, traditions, the food that you eat and even a favourite cultural memory. Take some time to share and some time to learn and remember to ask questions. Send a photo of your cultural exchange to Jays Care to earn 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: \_\_\_\_\_

