



**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 42 CHALLENGES – May 19<sup>th</sup>

## 1 PHYSICAL ACTIVITY CHALLENGE POINTS: 10

### COLOUR SEARCH!

How colourful is your home? Go around your house and see quickly you can find and collect 5 items from each rainbow colour: red, orange, yellow, green, blue, purple. Time yourself and then send Jays Care a picture of you with all the items, along with your final time!

## 2 PHYSICAL ACTIVITY CHALLENGE POINTS: 10

### THROW LIKE A BLUE JAY!

Practice pitching like your favourite Toronto Blue Jay! Roll up a pair of socks and use it as a baseball. Setup a target 10 feet away and see how many times you can hit the target with 10 throws. Send Jays Care a picture of your target to earn your points!

## 3 PHYSICAL ACTIVITY CHALLENGE POINTS: 10

### DAILY FITNESS CHALLENGE!

Spell out the day of the week and perform the exercises associated with each letter! For an added challenge, try to spell out each day of the week! Send Jays Care a picture of you working out to earn your points!

- |                               |                                |
|-------------------------------|--------------------------------|
| A: 10 jumping jacks           | N: 4 lunges                    |
| B: 15 second plank            | O: 3 burpees                   |
| C: Crab walk                  | Q: Run in place for one minute |
| D: 5 push-ups                 | R: 5 sit-ups                   |
| E: 5 sit-ups                  | S: 7 jumping jacks             |
| F: 10 squats                  | T: 5 squats                    |
| G: Toe touches                | U: 15 second plank             |
| H: 4 burpees                  | V: Bear crawls                 |
| I: Bear crawl                 | W: 8 air punches               |
| J: Jump in the air five times | X: 8 high knees                |
| K: 10 air punches             | Y: Toe touches                 |
| L: Spin around three times    | Z: 5 jumping jacks             |
| M: 10 leg kicks               |                                |
| P: 3 push-ups                 |                                |

**4****CREATIVITY CHALLENGE****POINTS: 10****ATTENTION, ATTENTION! NEW HOLIDAY ANNOUNCEMENT!**

We have some amazing news! You've been tasked to create a new holiday! What would your holiday be? What would it represent? Who would it honour? When would it be scheduled? Pretend you are a government representative and announce your new holiday to Canada. Send Jays Care a video clip to earn your points!

**5****CREATIVITY CHALLENGE****POINTS: 10****WRITE A LETTER**

Write a letter to someone you miss and want to re-connect with! Include a challenge within the letter to keep the chain going between you both. Send Jays Care a picture of your letter to earn points!

**6****CREATIVITY CHALLENGE****POINTS: 10****HOME MOVIE THEATRE**

Create a home movie theatre and host a movie night with your family! Get as creative as you can. Have tickets be handed out and snacks delivered to their chairs, create a poster! Send Jays Care a picture of your setup to earn points!

**7****KINDNESS CHALLENGE****POINTS: 10****MUSIC FOR A FRIEND**

Do you and a friend share the same taste in music? Does a certain song remind you of someone special in your life? Take some time to create a playlist of carefully selected songs for this person. It will always remind them of your kindness and thoughtfulness. Share your music playlist in a photo or video and send it to Jays Care to collect your points!

**8****KINDNESS CHALLENGE****POINTS: 10****SILLY PHOTO CHALLENGE**

Bust out some old Halloween costumes, fool around with makeup and dress yourself up to create the ultimate silly photo. Send it to someone to brighten up their day and encourage them to pass on the silly photo challenge to someone new. Send a photo of your silly costume to Jays Care to earn points!

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

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

$$\text{scissors} + \text{scissors} + \text{scissors} = 30$$

$$\text{scissors} + \text{hairbrush} + \text{hairbrush} = 20$$

$$\text{hairbrush} + \text{hairbrush} + \text{hairbrush} = 9$$

$$\text{hairbrush} + \text{hairbrush} \times \text{scissors} = ?$$

## 10 BRAIN CHALLENGE

POINTS: 10

### DAILY RIDDLE

“With pointed fangs I sit and wait; with piercing force I crunch out fate; grabbing victims, proclaiming might; physically joining with a single bite. What am I?” Send Jays Care your answer to earn your points!

## 11 BRAIN CHALLENGE

POINTS: 10

### CRITICAL THINKING CORNER

If you had to create a new way to communicate with people, what would it be and how would you teach it to others? Create a poster to explain your answer and send a picture of it to Jays Care to earn points

## 12 HEALTHY ATHLETE CHALLENGE

POINTS: 10

### SCRAPS TO SCRUMPTIOUS CHALLENGE

Did you know you can grow some of your vegetable scraps into scrumptious new vegetables?! Let's try it together! You will need one of the following:

- Green onions
- Celery
- Romaine lettuce
- Potato



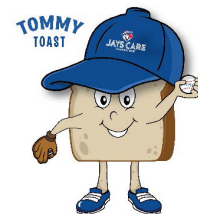
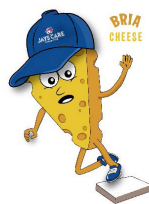
Ask your parent/guardian to help you cut the vegetable scrap about 1 inch from the roots. Then, place your vegetable roots in a small container of water by a windowsill. Watch them grow! Take a picture of your food scrap vegetable garden and send it to Jays Care to receive your points!

## 13 HEALTHY ATHLETE CHALLENGE

POINTS: 10

### FOOD GROUPIES PUPPET SHOW

It's time to get creative and entertain the members in your home by creating a healthy eating puppet show! Using the Jays Care Foundation and Toronto Blue Jays-themed Food Groupies friends (see below), create a story all about healthy eating! Feel free to use the friends provided or create your own using some of your favourite foods! Take a picture of your puppet show and send it to Jays Care to receive your points!



## 14 DAILY MEGA-CHALLENGE

POINTS: 50

### BAKING COMPETITION

Cupcakes, cookies, and cinnamon buns, oh my! Challenge your household to a bake-off to see who can create the tastiest treats. This delicious competition will lead only one team down the road to victory, while the rest will still get to satisfy their sweet tooth! Send a photo or video to Jays Care to collect 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](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: \_\_\_\_\_

