



**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](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 43 CHALLENGES - May 20<sup>th</sup>

## 1 PHYSICAL ACTIVITY CHALLENGE POINTS: 10

### WEEKLY WARM-UP

Write down a list of 10 stretches that you can use for the rest of the week before completing each of your physical activity challenges! Try to make sure there is at least one stretch for various muscle groups. Send Jays Care a picture of your stretch list to earn your points!

## 2 PHYSICAL ACTIVITY CHALLENGE POINTS: 10

### SKIPPING ROPE ROCK 'N' ROLL

Grab your skipping rope - or make one - and get ready for the skipping rope rock 'n' roll! Jump rope for the length of your favourite song to get your heart pumping! If you don't have a jump rope, just go through the skipping motion without a rope - you will still get a good workout! Send Jays Care a picture of you skipping to earn your points.

## 3 PHYSICAL ACTIVITY CHALLENGE POINTS: 10

### DUGOUT BOOTCAMP

Equipment you'll need:

- Chair
- Rope/tape
- Socks/ball

Set up your bootcamp space by placing a chair in front of you. Behind the chair, put a rope or tape and then place a ball on the floor. Start a stopwatch and complete the following:

1. Crawl under the chair
2. Hop back and forth down the rope (like skiing)
3. Grab the ball and toss it up into the air 10 times and catch it.

Try to beat your time. Send Jays Care a picture of your fun bootcamp set up and let us know your best time to earn your points.

## 4 CREATIVITY CHALLENGE POINTS: 10

### COOKIE CREATION

Bake cookies of your choice... the twist: design it in a way where it can be sold at Rogers Centre. Give it a creative name and some special ingredients we'd never think of! Send Jays Care a picture of your baked goods to earn points!

## 5 CREATIVITY CHALLENGE

POINTS: 10

### CAMPING AT HOME

Using household items create a campsite at home! Pretend you are in the outdoors and see if there are any traditional camping activities that you can recreate indoors. For extra points sleep at your campsite overnight. Send Jays Care a picture of your camping setup to earn points!



## 6 CREATIVITY CHALLENGE

POINTS: 10

### CREATE YOUR OWN ALL-STAR TEAM

Create a baseball team using friends or family members! Who will play what position and what will the batting order be? Also, give each teammate a creative nickname! Send your roster into Jays Care to earn your points!

## 7 KINDNESS CHALLENGE

POINTS: 10

### SIDEWALK MANDALAS

The mandala is used in some cultures and traditions as a sacred symbol and instrument of meditation. Take a look at this video for an example of how to make one of your own using chalk: [https://www.youtube.com/watch?v=tCCKAVvPv\\_s](https://www.youtube.com/watch?v=tCCKAVvPv_s)

On your next walk around the neighbourhood, draw one using chalk or using rocks and sticks found in and around your pathway. Leave your beautiful mandala for someone else to see and send a photo to Jays Care to collect your points!

## 8 KINDNESS CHALLENGE

POINTS: 10

### WISH SOMEONE A GOOD MORNING OR GOOD NIGHT!

Start someone's day and/or make sure it ends on the right note by giving them a call or text to let them know you are thinking of them. If it's the morning, ask them what they plan on doing with their day? If reaching out in the evening, ask them how their day went? Checking in on your loved one's is a great act of kindness and let's them know that you care. Send a photo to Jays Care of you calling or texting 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!



## 10 BRAIN CHALLENGE

POINTS: 10

### DAILY RIDDLE

“What breaks yet never falls, and what falls yet never breaks?” Send Jays Care your answer to earn your points!

## 11 BRAIN CHALLENGE

POINTS: 10

### CRITICAL THINKING CORNER

There are lots of forms of art, like painting, sculpture, music, poetry, dance and architecture to name a few. But which form of art is the most important and why? 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

### APPLE EXPERIMENT

Have you ever noticed that your apple starts to turn brown if you don't eat it right away? Try this experiment to see how to prevent your apples from turning brown:

1. Cut an apple up into pieces
2. Get 5 bowls
3. Fill each bowl with the following liquids: Milk, Water, Lemon Juice, Baking Soda, Vinegar
4. Place one piece of apple in each liquid
5. Leave the apples in the liquids for 1 hour
6. After 1 hour check on your apple pieces to see what liquid prevented your apple from turning brown!

Send a photo of your experiment to Jays Care to receive your points!

## 13 HEALTHY ATHLETE CHALLENGE

POINTS: 10

### HAVE THE ZEST DAY

Did you know that lemons and limes are SUPER FOODS? They are filled with nutrients that give your body vitamins and natural energy! Try your best to include lemons and limes in your everyday diet by adding them to your water or squeeze the juice on top of a salad for dressing! Get creative with how you eat/use your lemons and limes and share your ideas with Jays Care to receive your points!



## 14 HEALTHY ATHLETE CHALLENGE

POINTS: 10

### SANDWICH CATERPILLAR

Create a yummy caterpillar sandwich for you and your family for lunch time. Cut circles out of your bread and place your favourite sandwich toppings on it. Line your sandwiches up to create your caterpillars body. Your next step is to create a face and legs for your caterpillar. Challenge yourself and be super creative with this, for example put make a hat out of veggies for your new sandwich friend. Take a picture and have your caterpillar crawl into Jays Care's e-mail to receive your points



15

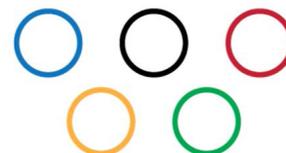
## DAILY MEGA-CHALLENGE

POINTS: 50

### QUARANTINE OLYMPICS

Get creative with what you have in and around your home and come up with your very own Olympic games! Get inspired by what this family came up with to get the friendly competition started: <https://www.youtube.com/channel/UCs7zn9nUGY6ezkcB9FB99Aw>.

Let the games begin! Don't forget to send a photo or video of your Quarantine Olympics 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: \_\_\_\_\_

