



**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 44 CHALLENGES - May 21<sup>st</sup>

## 1 PHYSICAL ACTIVITY CHALLENGE POINTS: 10

### MUSICAL RED LIGHT, GREEN LIGHT

Have an adult or older sibling turn on some music and take control of when the music stops and starts. They will have their back towards you. Stand at the opposite end of the room. When the music is playing, start dancing and moving towards your adult. Every time the music stops, you must freeze in place. Have your adult turn and walk around to judge how frozen you are. The goal is to reach your adult before they catch you dancing! Send us a picture of you frozen in your dance move to earn your points.

## 2 PHYSICAL ACTIVITY CHALLENGE POINTS: 10

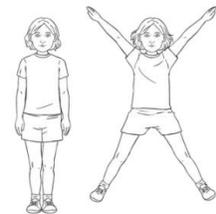
### NAME GAME STRETCH

Spell out your name (first and last name) using your whole body. For an extra challenge, try holding each letter for 20 seconds. You can complete this challenge either standing or laying on the ground. Send Jays Care a video or picture of you spelling out the letters of your name to earn your points!

## 3 PHYSICAL ACTIVITY CHALLENGE POINTS: 10

### I'M A STAR

How many star jacks can you do in one minute? Start the timer for 1 minute and get started. Write down how many star jacks you completed and then try to beat it! Send Jays Care a video of your best star jump to earn your points.



## 4 CREATIVITY CHALLENGE POINTS: 10

### DESIGN A NEW BALLPARK

Your task will be to create a new MLB ballpark. Why is it the most ideal place for a team to play? Also, what creative features will draw fans to come enjoy games? Send in a description of your ballpark to Jays Care to earn points!

## 5 CREATIVITY CHALLENGE

POINTS: 10

### SHOW OFF YOUR INNER UMPIRE

Show off your best umpire moves! Send Jays Care a video of your best "Safe," "Out" and "Strike Three!" calls to earn your points.

## 6 CREATIVITY CHALLENGE

POINTS: 10

### SPREAD SOME LOVE

Spring has sprung! It's time to watch the flowers grow and enjoy those spring colours! Help your family and your neighbours enjoy some extra colour by making your own heart shaped flower! On your petals, write the names of people that you love, or things that you love to do. Use the picture below to see what your petals should look like! Submit a photo of your flowers to Jays Care to earn points!



## 7 KINDNESS CHALLENGE

POINTS: 10

### ASK A SENIOR ABOUT THEIR PAST

Seniors have a lifetime of experiences to reflect on and a wealth of knowledge they can share with you. Reach out to a senior in your life and ask them to share some of their favourite personal stories. You are sure to learn a lot and to connect on a whole new level with them! Write down something new you learned about this senior and send in a picture of it to Jays Care to earn points.

## 8 KINDNESS CHALLENGE

POINTS: 10

### CREATE A STUDY GROUP

Students are now doing schooling at home and for many it has been an adjustment. If you find yourself struggling or missing your friends why not set up a virtual study group! Try completing your homework together, it will feel like you are back at schools with all your buds and is sure to make the work pass by quicker! Send in a photo of your virtual study group to Jays Care and earn points!

## 9 BRAIN CHALLENGE

POINTS: 10

### MATH TIME

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

### Bee & Ant Puzzle

$$\text{Bee} + \text{Ant} = 10$$

$$\text{Ant} - \text{Bee} = 8$$

$$\text{Ant} \times \text{Bee} = ?$$

## 10 BRAIN CHALLENGE

POINTS: 10

### DAILY RIDDLE

“People make me, save me, change me, raise me. What am I?” Send Jays Care your answer to earn your points!

## 11 BRAIN CHALLENGE

POINTS: 10

### CRITICAL THINKING CORNER

If humans were to contact a civilization from another planet, what do you think would happen? What opportunities would this present for both worlds and what could be some potential challenges? 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

### PITCH YOUR WATER

Did you know you are supposed to have 8 glasses of water a day? Get creative and flavour your water with delicious fruit and ice! Challenge yourself to make a pitcher and drink 8 glasses of your newly formulated water - create a name for it and try to pitch your new water to someone in your home to drink it! Send Jays Care a photo of what you put inside your water to receive your points.



## 13 HEALTHY ATHLETE CHALLENGE

POINTS: 10

### WATERMELON POPS

Summer is around the corner - get prepared by creating watermelon pops! Cut watermelon up into triangles and stick a popsicle stick or other item (i.e. a fork) in the bottom of them. Freeze your watermelon for 2-4 hours and enjoy your new delicious popsicle! Send a picture of you enjoying your Watermelon Pops to receive your points.



## 14 HEALTHY ATHLETE CHALLENGE

POINTS: 10

### FRUIT SALAD- YUMMY YUMMY

Have you heard of fruit salad? Now is your time to make some, go into your fridge and pick out your favourite fruits. Dice them up into small pieces (remember please ask someone to help you if needed). Mix your fruit into a large bowl and add a dressing of your choice to be more creative (honey, lemon juice etc.) Don't forget to sing the "FRUIT SALAD YUMMY YUMMY" song while making it. Send a picture of your fruit salad to Jays Care to receive your points! Fruit Salad Yummy Yummy Song:

<https://www.youtube.com/watch?v=LmR7G208ug4>

**15****DAILY MEGA-CHALLENGE****POINTS: 50****HOST A PAINT NIGHT**

Get your family and paints together and host a family paint night. You can google "Paint Night Tutorial" and find tons of YouTube videos to follow or you can simply come up with your own designs. Take a picture of your completed master pieces and send them into 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.

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| <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?<br/>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: \_\_\_\_\_

