



**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 45 CHALLENGES - May 22<sup>nd</sup>

### 1 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

#### MESSY BACKYARD CLEAN UP

Our homes can get super messy sometimes. This challenge is to pick a room in your home and make it as tidy as possible. Send Jays Care a before and after picture and let us know how long it took you to revamp your room to earn your points.

### 2 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

#### PIGEON STRETCH

The pigeon stretch is an awesome yoga pose that loosens up your muscles around the hip. Try out the pigeon stretch on both sides of your body and see if you can hold it for 1-2 minutes per side. Send Jays Care a picture of you holding your pigeon stretch to earn your points.



### 3 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

#### LUCKY FITNESS

For this challenge you will need a spinner or a dice from a board game. If you don't have one, you can find an online spinner or dice as well! Roll the dice and perform the amount that is rolled of each activity:

Round #1 - Burpees

Round #2 - Jump Rope (with or without a rope)

Round #3- Bunny Hops

Each round is 3 rolls long. Send Jays Care a video of one of your spins and the exercise that goes with it to earn your points!

### 4 CREATIVITY CHALLENGE

POINTS: 10

#### BASEBALL SHAPE CHANGE

We just heard back from the Commissioner's Office... they want your help to come up with a creative new baseball field design using another shape! Make sure you outline where the bases are, and how many bases the runners must touch! How do you hit a home run? Send Jays Care a picture of your design to earn your points!

## 5 CREATIVITY CHALLENGE

POINTS: 10

### NAME A NEW STREET

Create a new street name and make a street sign for it! Send Jays Care a picture of your new street sign to earn your points.

## 6 CREATIVITY CHALLENGE

POINTS: 10

### LEADER OF THE WORLD

You have been appointed the newest world leader to help bring people together again. Record a video of yourself with your plan of action to promote kindness and community to the people of the world and submit to earn points!

## 7 KINDNESS CHALLENGE

POINTS: 10

### WHEEL OUT YOUR NEIGHBOUR'S TRASH BIN

Nobody likes putting out the garbage or recycling, so why not make a neighbour's week a little brighter by wheeling out their trash for them? Just remember to also wheel out your own! Take a picture of you completing this kind deed and send it into Jays Care to earn points.

## 8 KINDNESS CHALLENGE

POINTS: 10

### THANK SOMEONE EVERYDAY OF THE WEEK

Take some time this week to think of 7 people you are thankful to have in your life. Starting on a Monday, send out a little thank note, text, or social media post to one of these people letting them know why they mean so much to you! Continue this process for the rest of the week, until you have covered all 7 people. Send a picture into Jays Care of one of your posts or notes 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!


$$\begin{array}{l} \text{Crab} + \text{Crab} + \text{Crab} + \text{Fish} = 40 \\ \text{Crab} + \text{Crab} + \text{Fish} = 30 \\ \text{Crab} \times \text{Fish} = 100 \\ \text{Crab} - \text{Fish} = ? \end{array}$$

## 10 BRAIN CHALLENGE

POINTS: 10

### DAILY RIDDLE

"I turn once, what is out will not get in. I turn again, what is in will not get out. What am I?"  
Send Jays Care your answer to earn your points!

## 11 BRAIN CHALLENGE

POINTS: 10

### CRITICAL THINKING CORNER

If you were to build a robot to assist you in life, what would you program it to do? What would be its name? What would be all the benefits and challenges to having a personal robot? 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

### PROTEIN CHALLENGE

Our bodies use proteins to help build and repair muscles. It is very important to have lots of protein in your diet! Much of our protein come from meats like beef and chicken. Research various foods you can eat to get protein. Create a healthy snack using your protein alternatives. Send a picture of your snack to Jays Care to receive your points.

## 13 HEALTHY ATHLETE CHALLENGE

POINTS: 10

### NO COOK? NO PROBLEM! NO COOK FRUIT & OAT BARS

Fruit and oat bars are a very hardy and healthy snack. Visit the Sobeys website below and make these delicious snacks. TIP: The recipe makes 20 bars so you will have plenty of snacks for the whole week. If you want to make less, only use half of the ingredients needed.  
Recipe Link: <https://www.sobeys.com/en/recipes/no-cook-fruit-oat-bars/>

## 14 HEALTHY ATHLETE CHALLENGE

POINTS: 10

### BELLY BONANZA!

Your body needs fiber to help break down and digest foods. Watch the Belly Bonanza video below to help explain how the digestive system works! Create an information poster to teach your family all about the digestive system! Share a photo of your poster to Jays Care to receive your points.

Belly Bonanza Video: <https://www.youtube.com/watch?v=BU-tzxqUOCA>

## 15 DAILY MEGA-CHALLENGE

POINTS: 50

### BUILD A BOWLING ALLEY

Looking for a fun way to stay entertained? Try building your own indoor bowling alley! Grab some plastic bottles or toilet paper rolls (roughly 10) and paint them too look like bowling pins! Find whatever ball you have lying around and use it as a bowling ball - the smaller the ball the more difficult it will be! Sending in a picture of you bowling 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](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: \_\_\_\_\_

