



**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?**

Work through as many of the challenges as you can in a day. 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, submit it (along with the photos) to Jays Care at [UnstoppableKids@bluejays.com](mailto:UnstoppableKids@bluejays.com). At the end of each week, Jays Care staff will look through all of the submitted challenges, tally points and send prizes to top 50 points 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/Challenge](http://www.jayscare.com/Challenge)). Starting next Monday, you will also find a whole series of additional resources for children, youth and families who are adapting to isolation.

### **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 3 CHALLENGES - March 25<sup>th</sup>

### 1 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

#### SQUARE CHALLENGE

How fast can you be?!? Find all the square-shaped items you have in your home and test your quickness in this square challenge! Once you've found all the square-shaped items in your home, time yourself to see how fast it takes you to touch all the squares. Try to beat your record or challenge family members for the fastest time! Remember to tally your points every time you touch a square. Take a picture of your score sheet when you are done and send to Jays Care to earn points.

### 2 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

#### SYLLABLE CHALLENGE

Find a book or any reading material. Establish a start and end point in your home, because for this challenge you will move back and forth between these two points. Pick any 10 pages from the book and start reading. Every time you read a word that has 2 syllables (like **contest** or **napkin**) travel to your finish line and back as fast as you can. Repeat until the 10 pages are done! Take a picture of you in action and send to Jays Care to earn points.

### 3 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

#### PIZZA DELIVERY

Grab a pillow and as many small items as you can. Your challenge is to stack as many items as you can on top of the pillow while travelling 3 meters and back without dropping any of the items! The more items on top of the pillow the more points! Extra points if you can do it all with one hand! Take a picture of your pizza tower and send to Jays Care to earn points.

### 4 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

#### YOGA POSE

Create 5 new yoga poses that you can share with your family. Come up with a fun name for each pose! Bonus points if it relates to baseball and take a picture of you in the pose and send to Jays Care to earn your points.

## 5 CREATIVITY CHALLENGE

POINTS: 10

### ENGINEERING CHALLENGE

We challenge you to build your own CN Tower! To make your CN Tower you can use any recycling, paper products or craft supplies you can find in your home. Once your tower is built, send Jays Care a picture to earn your points. More points if you can make it reach the ceiling!

## 6 CREATIVITY CHALLENGE

POINTS: 10

### PASS THE GIFT

Each person who is playing will be given a piece of paper. On the paper they will write down their name and one gift they are willing to give (Eg. JESS - I will make you a sandwich). Once everyone has written down their gift, you will wrap your gift like a present in a box. Wrap the box in as many layers as you'd like but you only have 20 minutes to do it!

Sit in a circle with your wrapped gifts, a pair of oven mitts and a pair of dice. To start, gift gets passed around the circle as fast as possible, at the same time individuals are taking turns rolling the dice. Once someone rolls 7, they have 1 minute to unwrap the gift wearing the oven mitts. The process is repeated until the gift is revealed! Who ever reveals it, gets to receive the gift from the person who wrote it. Send Jays Care a photo or video of your gift exchange to earn your points.

## 7 CREATIVITY CHALLENGE

POINTS: 10

### BUILD-A-FORT: FIT THE FAMILY

Using the materials that are available inside your home, build a fort that can fit all family members living within your home. If you can get everyone inside, take a picture and send it to us for more points! Send Jays Care a photo or video of your fort in action to earn your points.

## 8 CREATIVITY CHALLENGE

POINTS: 10

### FINISH THE PICTURE

Draw a range of squiggly lines on a sheet of paper (like the image beside). Next, you must turn the lines into a picture using your imagination. Once you have completed each picture, turn it into a story to tell to your family - like a storyboard. Video your story and send it to Jays Care to earn your points!



## 9 KINDNESS CHALLENGE

POINTS: 10

### NOTE TO FUTURE SELF

Write a note to your future self about where you want to be in 1 year. You can include your future goals, dreams and things you want to accomplish. Take a picture of your sealed letter and send it to Jays Care to earn your points!

## 10 KINDNESS CHALLENGE

POINTS: 10

### FAMILY HIGH FIVES

On a piece of paper, trace the outline of your hand. In the palm, write the name of a family member or friend. On each of the five fingers, write one thing that you like or appreciate about this person. Give them the hand and tell them about what they mean to you. Take a picture of all of your hands and send them to Jays Care to earn your points.

## 11 BRAIN CHALLENGE

POINTS: 10

### SUDOKU PUZZLE

Fill in the missing numbers in the squares in the image on the right. Each row, column, and box must contain the numbers 1 to 9, but they can't be any repeats! Send a picture of your completed Sudoku board to Jays Care to earn your points.

	5			3	7			
8	3	1	4	2	7			5
9	7	4		8	6	1	2	3
3	8	6	1	4		2	5	7
7		5						
	4	9	7		2	8	3	6
5				7	4		9	8
	9		3		1			2
2				9		3		1

## 12 BRAIN CHALLENGE

POINTS: 10

### RIDDLE CHALLENGE

Can you answer these 3 brain teasers?

1. Billy's mother had five children. The first was named Lala, the second was named Lele, the third was named Lili, the fourth was named Lolo. What was the fifth child named?
2. You're driving a city bus. At the first stop, three women get on. At the second stop, one woman gets off and a man gets on. At the third stop, two children get on. The bus is blue and it's raining outside in December. What color is the bus driver's hair?
3. A cowboy rode into town on Friday. He stayed in town for three days and rode back out on Friday. How is this possible?

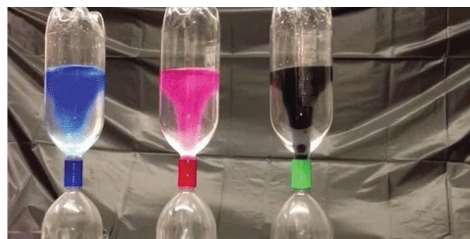
Think you know the answers? Send your answers to Jays Care to earn your points

## 13 BRAIN CHALLENGE

POINTS: 10

### TORNADO TWISTERS

Using two water bottles, food colouring (or any other syrup/coloured liquid/glitter), water, and tape, construct a tornado in a bottle. The more colourful and artsy the tornado, the better! Why do you think this tornado is forming? Send in a video of your tornado in action with an explanation to Jays Care for points!



## 14 VIDEO CHALLENGE

POINTS: 10

### MUSIC VIDEO REMAKE CHALLENGE

Pick a song that has an awesome music video. Remake the music video into a parody. Think of cool ways you can imitate the music video in your home. Submit your video to Jays Care to earn your points. Bonus Points if you can incorporate the Blue Jays Logo or merchandise in your video!

## 15 VIDEO CHALLENGE

POINTS: 10

### THE ALPHABET CHALLENGE

Make a video of yourself singing the alphabet backwards starting from the letter "Z" in under 30 seconds. You have to sing the entire alphabet backwards without pausing or making any errors (so make sure to practice before starting your video)! You only have 30 seconds! Send your video to Jays Care to earn your points.

## 16 DAILY MEGA-CHALLENGE

POINTS: 50

### SHOPPING TIME!

Create your own store in your very own home! Find items around the house (they can be clothes, appliances, equipment, food, etc.) and price each item that individuals can purchase. Prices and purchases can be done through monetary amounts OR through your own system, like 'helpful hearts'...every time someone is helpful or kind, they get hearts that can purchase items in your store! Be sure to take a photo of your store and send to Jays Care to earn your points. Bonus points: if you create a store name and logo too!



# 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 [jayscareprograms@bluejays.com](mailto:jayscareprograms@bluejays.com). 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: \_\_\_\_\_

