



**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 4 CHALLENGES - March 26<sup>th</sup>

## 1 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

### SPEEDY BED

In this challenge you must make your bed as fast as you can - points awarded for tidiness and speed. To collect your points, send Jays Care a video or a before and after shot!

## 2 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

### SWIVEL THROW

Throw a ball over your shoulder, spin and catch it. Points are awarded for how challenging of a play you can make. Challenge yourself - can you do it with 2-3 balls at once? Send Jays Care a photo or a video of you completing the challenge to earn your points.

## 3 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

### THROW & CLAP

Throw a ball in the air and see how many times you can clap before catching it. Set your highest score and then challenge your family members to beat it! Send Jays Care a photo or a video of you completing the challenge to earn your points.

## 4 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

### OBSTACLE COURSE

Create an obstacle course in your house/backyard. Challenge your whole family to run the course and time them. Points will be awarded based on the creativity of your obstacle course! Send Jays Care a photo or a video of you completing the course or your most creative obstacle to earn your points.

## 5 CREATIVITY CHALLENGE

POINTS: 10

### FAMILY COLLAGE

Create a collage (from paper materials) that best represents two activities that your family likes to do together. You can use old magazines, flyers or newspapers. Send Jays Care a photo of your collage to earn your points.

**6****CREATIVITY CHALLENGE****POINTS: 10****UNSTOPPABLE ME**

Draw a portrait of yourself as a superhero, explain what your powers are and how you will change the world. Send Jays Care a photo of your superhero to earn your points.

**7****CREATIVITY CHALLENGE****POINTS: 10****WHAT MAKES YOU UNIQUE?**

Use household items to spell out the one word that best describes your uniqueness (i.e. Empathetic, Intelligent, Athletic, Kind etc). Send Jays Care a photo of your word to earn your points.

**8****CREATIVITY CHALLENGE****POINTS: 10****BALL ROLL**

Using items in your home, create the longest possible obstacle course for a ball to travel through. The ball must travel through the obstacle course and land in a cup at the end. Points will be awarded for creativity of the course - make it challenging! Send Jays Care a photo of your course, or a video of your ball in action to earn your points.

**9****KINDNESS CHALLENGE****POINTS: 10****SPREAD THE LOVE**

Write, text, email, or message three friends or family members and tell them two things you love about them. Send Jays Care a photo of you sending the messages to earn your points.

**10****KINDNESS CHALLENGE****POINTS: 10****POSTER OF HOPE**

Create a poster with an inspirational message that you can hang in your house, apartment or building that will brighten someone's day (i.e. everyday is a new opportunity). Send Jays Care a photo of your final poster to earn your points.

**11****BRAIN CHALLENGE****POINTS: 10****BASEBALL MATCH**

Create the most unique baseball card matching game.  
What is a matching game? You make multiple sets of two matching cards. All cards are face down and the player must try and select two that match. Once they make an attempt, if the cards match they remove them off to the side. If they don't match, they put the cards back face down and keep trying until they find a match. Then continue playing until they've matched all the cards. All of the cards must have a baseball-related word or image on them. Send Jays Care a photo of your baseball cards to earn your points.

## 12 BRAIN CHALLENGE

POINTS: 10

### PAPER BRIDGE

Using only paper (no tape or glue) create the strongest 'off-the-ground' bridge possible. Place items on the bridge to see what it can hold. Send Jays Care a picture of the heaviest item your bridge can hold to earn points!

## 13 BRAIN CHALLENGE

POINTS: 10

### HOME RUN POEM

Create an acrostic poem using the words HOME RUN - all of the words must be characteristics of what it means to be a true team player! Send Jays Care a picture of your poem to earn points!

Washing
Ashore
Volumes of water
Ebb and flow on
Sandy beaches

## 14 VIDEO CHALLENGE

POINTS: 10

### 10-TOUCH CHALLENGE

Using a household item (i.e. roll of toilet paper) play keep-ups for at least 10 repetitions. Bonus points for using multiple body parts! Send Jays Care a video of your keep-ups to earn points!

## 15 VIDEO CHALLENGE

POINTS: 10

### REPLAY TIME

Re-create your favourite Blue Jays moment! Are you the next Vladimir Guerrero Jr. at the plate, or Bo Bichette in the field? Now's your chance to show us! Send Jays Care a video of your replay moment to earn points!

## 16 DAILY MEGA-CHALLENGE

POINTS: 50

### THE NEXT BLUE JAY

Create a 2-minute Blue Jays recruiting video. Tell the Blue Jays coaches why you are the next Toronto Blue Jay! They will want to know the skills you have that make you a good baseball player, but more importantly what traits do you have that make you an awesome teammate? Submit your video 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 [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: \_\_\_\_\_

