



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?

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. 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: UnstoppableKids@bluejays.com. 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 1 CHALLENGES – March 23rd

1 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

FREEZE DANCE

Get your dancing shoes on and play a game of Freeze Dance to a playlist of your favourite songs. Don't have a playlist? Put on the radio or TV and use the mute setting! Show off your best dance moves and be sure to get your family dancing too! Once the song stops, freeze in position like a statue. To earn points, send Jays Care a photo of your best Freeze Dance position or a video of you dancing.

2 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

FIELDING CHALLENGE

Practice fielding the ball like a Blue Jay! To complete this challenge, you'll need a ball (any ball will do). Place the ball on the floor and practice these three steps:

1. Alligator to the snow
(using your hands like an alligators' mouth to collect the ball from the floor)
2. To your ear (bring the ball up to your ear)
3. Throw! (make the motion of throwing the ball)

Place the ball on the ground and repeat! Do these 20 times changing the distance between you and the ball each time. Send Jays Care a photo of your alligator hands or a video of you completing the challenge to earn your points.

3 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

TWIST AND SHOUT!

Create a homemade Twister board using old fabric or sheets of paper! Use your new Twister board to practice your flexibility with your family and see what stretches you can perform during the game. If you fall, you are now the cheerleader for another person who is still playing! Send Jays Care a picture of your homemade Twister board with you playing to earn points.



4**PHYSICAL ACTIVITY CHALLENGE****POINTS: 10****FITNESS FRENZY**

Create 4 stations wherever you have room and go through 4 exercises. Go through your fitness circuit 3 times from start to finish!

Here are some exercise ideas: squats, lunges, frog jumps, jumping jacks, push-ups, and side-shuffles! Send Jays Care a picture of you completing your exercise stations or a video of you in action to earn points!

5**CREATIVITY CHALLENGE****POINTS: 10****DUGOUT CHALLENGE**

Using blankets, pillow, towels or anything you can find, create a dugout fort.

Dugout Rules!

Just like in the game of baseball, your dugout is where your team will hang out and work on your team spirit! In your dugout you must create a list of team spirit rules for all to follow. Some ideas are:

- Kindness compliments
- Team cheers and songs

To earn your points, send Jays Care a picture of your dugout fort!

6**CREATIVITY CHALLENGE****POINTS: 10****SUPERHERO CHALLENGE**

Write a story about an unstoppable superhero who saves the world. Create a title page and draw pictures to go along with it. To earn your points, send Jays Care a picture of your story or a video of you reading it!

7**CREATIVITY CHALLENGE****POINTS: 10****JERSEY DESIGN CHALLENGE**

If you made your own baseball team, what would their jersey look like? Here's your chance to design it!

Design your dream jersey and include your favourite colours, icons, and team name. Send Jays Care a picture of your jersey to earn points!

8**CREATIVITY CHALLENGE****POINTS: 10****SCAVENGER HUNT**

Make up your own scavenger hunt! Write a list of things to find either inside or outside and come up with a list of clues to help players find them. Get a friend or family member to make a list too, and search for their items together. Send Jays Care a picture of your scavenger hunt clues to earn points!

9 KINDNESS CHALLENGE

POINTS: 10

KINDNESS CARD

Write a kind message to a family member telling them what you like about them and what makes them so special. Send Jays Care a picture of you giving your kindness care to a family member to earn points!

10 KINDNESS CHALLENGE

POINTS: 10

KINDNESS CHAIN

Write down a list of kind words on plain or construction paper and decorate it. Cut the words out into strips, and glue or tape them together to look like a chain. Hang up your chain for everyone to see! Get friends or family to add their own words to the kindness chain and see how long it can grow. Send Jays Care a picture of your kindness chain to earn points!



11 BRAIN CHALLENGE

POINTS: 10

WORD SEARCH CHALLENGE

Create your own word search using as many positive words as you can think of. Once you have created it, ask a friend or family member to try and complete it. Send Jays Care a picture of your word search to earn points!

12 BRAIN CHALLENGE

POINTS: 10

TED TALK

Read an article in a newspaper, magazine or on the internet about a subject you find interesting. Next, create a short 3-5 minute TED TALK about the subject that will inform others. Feel free to get creative and add humour, tell a story or even a create a song and dance. To earn your points, send Jays Care a video of you hosting your Ted Talk for your family!

13 BRAIN CHALLENGE

POINTS: 10

TO FLOAT OR NOT TO FLOAT

Build a raft out of recycled materials found inside your house. Float your raft in the sink, bath or shower. See how many coins or other items you can balance on your raft before it starts to sink! To earn your points, send Jays Care a picture or a video of your raft in action!

14 DAILY MEGA-CHALLENGE

POINTS: 50

THE BIG CLEAN UP

Pick a room in your house that is the messiest. Take a before photo with your best baseball pose, then clean the space! Take an after photo with a different baseball pose and submit it to Jays Care to get MEGA 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. Each Friday, Jays Care will review the submissions and send prize packs to the top 50 point earners across the country.

Your Name:	
Mailing Address:	
City/Town:	
Province:	
Postal Code:	
Email Address:	
Are you a part of a Jays Care program? If yes, which one?	

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: _____

