



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: (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 2 CHALLENGES - March 24th

1 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

STRETCH & RELAX

Breathe in (1...2...3...4...), breathe out (1...2...3...4...). Mindfulness and stretching is a great way to get your body moving and to relax your mind. You can find different yoga poses on YouTube, Google OR you can make up your own! Stand tall with your hands stretched far above your head and hold it for 10 seconds or crunch yourself into a small ball on the ground and hold for 10 seconds. We challenge you to try 10 minutes of yoga. Send a picture of you practicing your yoga to Jays Care to earn your points.

2 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

BODY SPELL

This challenge can be completed alone or with others. Use your body to create the shape letters in the alphabet. Once you have mastered each letter, try spelling out words one letter at a time using your body. Send Jays Care a video of your words to earn your points.

3 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

DROP ZONE

Are you ready to test your speed and agility? Drop a ball from shoulder height, let it bounce once and try to catch it before its bounces a second time. Do this 10 times. If you're looking for something a little more challenging, see how low you can drop it from. Move to your waist then your knees. It's harder than it sounds! Send Jays Care a video or picture of you in action to earn your points.

4 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

HOME WORK

Did someone say homework!? Don't worry this is a "home" "workOUT" that you can do by yourself or with your family! Look around your space and find different objects that you could use in an obstacle course. Set up the obstacle course using items such as plastic cups, containers, toilet paper, boxes, wash bins, trash cans, socks, shoes and more! Set the obstacle course up in a space where you can move around, over, under, or through the items you have set up! Continue to change the course around if you're looking to increase the difficulty! If you're feeling motivated, complete it while playing your favourite song! Send Jays Care a video or picture of your home workout to earn your points.

5 CREATIVITY CHALLENGE

POINTS: 10

HYDRATION STATION

Did you know that water takes up about 60% of your body weight? And the recommended amount of water intake in a day is eight 8oz cups? Create your own water intake tracker to reach your daily recommended water goal. See example below. Send Jays Care a picture of your hydration tracker to earn your points.

6 CREATIVITY CHALLENGE

POINTS: 10

TIME CAPSULE

Remembering times like these is important to appreciate what we have. Create a time capsule by collecting keep-sakes and storing them in a box. You can include letters to yourself, pictures of your family, your favourites toys or anything you want. Put the box somewhere you will find it the years to come (in your attic, bury it in your backyard, in your parents/guardians' closet etc). Send a picture of your time capsule to Jays Care to earn your points.

*Don't forget to show your hiding place to someone in case you forget where you put it!

7 CREATIVITY CHALLENGE

POINTS: 10

BOOM BOX

Boom Boom Clap, Boom de Clap de Clap, Boom Boom Clap, Boom de Clap de Clap. Listening/signing to music is a great way to pass some time. But have you ever tried to write your own music? Design a jingle/rap/poem about something that you are passionate about. Share it with someone in your family to see if you can get your music stuck in their head! Record your music and send to Jays Care to earn your points.

8 CREATIVITY CHALLENGE

POINTS: 10

BATTER UP

Reduce, Reuse, Recycle! Canada recycles just 9% of its plastics and the rest is placed in landfills, incinerators or tossed away as litter. Use recyclable items from around your house to make a baseball bat. Be sure to recycle all recyclable materials once you're done playing with your bat! Send Jays Care a picture of your bat to earn your points.

9 KINDNESS CHALLENGE

POINTS: 10

CALL ME MAYBE

A little bit can go a long way! Most people are too afraid to ask for a pick-me up. When was the last time you picked up your phone and called someone instead of sending a text message? Let your friends hear your voice! Call or message 5 of your friends to check in with them and share what you admire about them and ask how their day is going. Send Jays Care a picture you on the phone to earn your points.

10 KINDNESS CHALLENGE

POINTS: 10

5 THINGS

Kindness is when you are nice or friendly to someone- everyone in our world needs to be cheered up! You are given the ultimate task to be kind and to tell everyone in your household 5 things you enjoy the most about them. Who knows? Maybe they will say 5 things they enjoy about you! Everyone deserves a compliment! Send Jays Care a picture or video of you sharing your 5 things to earn your points.

11 BRAIN CHALLENGE

POINTS: 10

WORD MANIA

Typically, the average rate of speech is around 125 words per minute. The average number of words you're able to listen to is 450 words a minute. But how many words can you write in a minute? In one minute write down as many words that relate to baseball as you can think of. Once you have your words written out, challenge yourself to write a story or draw a picture using only those words! Send Jays Care a picture of your words to earn your points.

12 BRAIN CHALLENGE

POINTS: 10

MYSTERY SOLVED

I'm sorry we're making you think a riddle bit! However, its important to keep your brain active in times like these. It's easy to sit on the couch and watch Tik Tok's or TV all day!

We challenge you to solve this riddle:

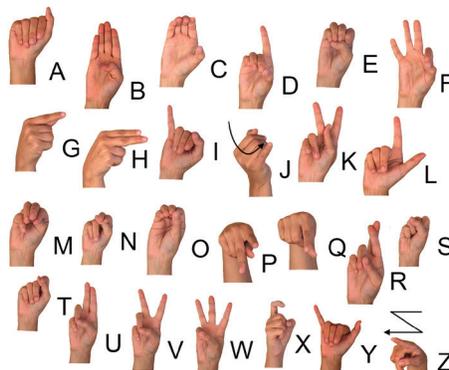
I have cities but no buildings, I have forests but no trees, I have lakes with no fish. What am I?

13 BRAIN CHALLENGE

POINTS: 10

LANGUAGE LEARNER

Have you ever heard of American Sign Language (ASL)? It is a language that people who are deaf or hard of hearing use to communicate, just like how people speak French in France. One day, you might meet someone who communicates using ASL so challenge yourself to learn how to spell your name in sign language! Bonus points if you learn how to sign "Hi, my name is _____".



14**VIDEO CHALLENGE****POINTS: 10****WALK-UP MUSIC**

Batter up for this walk-up music challenge! Just like in the big leagues, we challenge you to select your own walk up music. Send Jays Care a video of you walking up to the batters box with your music playing in the background to earn your points. Extra points for Blue Jays merch, props and acting skills!

15**VIDEO CHALLENGE****POINTS: 10****SO YOU THINK YOU CAN J-FORCE?**

Get up and dance, move, and groove around your space! Dancing is a great way to get your body moving and reduce stress levels! Do your best chicken dance or hit the floor to show off your best brake dancing moves! Make a video of you singing, dancing to your favourite song! If you're having trouble thinking of songs to dance to, show us your best moves to "Take Me Out To The Ball Game" and send to Jays Care to earn your points.

16**DAILY MEGA-CHALLENGE****POINTS: 50****TBJ OSCAR**

Sometimes, all people need is a little motivation! What would you like to hear if you were about to go out and play in the world series? This is the time to work on your creativity, and public speaking skills! Write down some motivational or inspirational words to create a rousing speech. Next, create a 4-minute motivational speech that you would say if you were a Toronto Blue Jays coach! Record your speech and send it 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. 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: _____

