



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?

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). Challenge yourself to beat your score each week! Instead of sending Jays Care your photos, keep all the photos you take to create your own Unstoppable Kids Challenge Book!

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

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.

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.

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!



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!

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

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.

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.

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.

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.

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.



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.

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.

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!

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!



DAY 2 CHALLENGES

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.

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.

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!

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!

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.

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).

*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!

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!

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.

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!

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!

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:

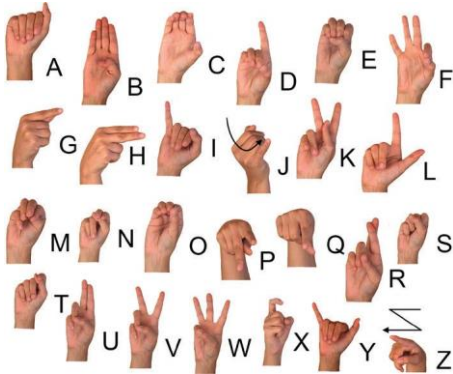
I have cities but no buildings, I have forests but no trees, I have lakes with no fish. What am I?

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. 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 break 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!"

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!



DAY 3 CHALLENGES

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.

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!

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!

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!.

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. 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.

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!

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.



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.

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.

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 there can't be any repeats!

	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?

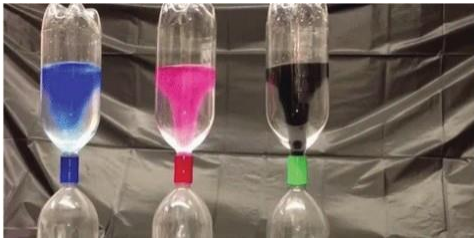
1. Billy's mother had five children. The first was named Lala, the second was named Lele, the third was named Lili, the fourth was named Lolo. What was the fifth child named?
2. You're driving a city bus. At the first stop, three women get on. At the second stop, one woman gets off and a man gets on. 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?

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?



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. 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!

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!



DAY 4 CHALLENGES

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.

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?

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!

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!

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.

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.

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).

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!

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.

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.)

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.

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.

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!

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!

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!

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?

DAY 5 CHALLENGES

1 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

HOP SCOTCH CHALLENGE

Using chalk or tape, create the longest hopscotch course in the world (or at least one long enough to get excited about). Think about ways to make it more exciting than a regular hopscotch course (could people dance in certain spots? Are there places where people need to jump or twirl around?). Once completed, challenge family members (and yourself) to work through it at least a few times.

2 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

LASER CHALLENGE

Grab some string or yarn. Using chairs and tables, create a laser challenge with strings. Once you've created one that is really complex, try getting from one side to the other without touching any part of any string.



3 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

INDOOR OBSTACLE RACE

Pick one to two rooms in your home and identify every piece of furniture in the rooms. Next, write down each item (i.e. bookshelf, couch, table, four chairs, bed, etc) on a piece of paper. Create an obstacle course using all of the pieces of furniture. Finally, time yourself to see how long it takes to complete the obstacle course 5 times.

4 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

TARGET TOSS

Create a target using paper and markers. Tape it to your wall. Next, create a ball using socks (roll them into a ball). Stand back from the wall and see if you can hit the target. If it's easy, stand further back. Once you have found a distance that is challenging, see how many times you can hit the target in two minutes. Try this five times and each time, record your number.

5 CREATIVITY CHALLENGE

POINTS: 10

COMIC STRIP CHALLENGE

Create a new comic strip with a new superhero that no one has met before. Include the following items in the comic to have it be eligible: a tree, a tower, a baseball.

6 CREATIVITY CHALLENGE

POINTS: 10

BAKING CHALLENGE

Bake a cake or cookies and decorate them with creative designs.

7 CREATIVITY CHALLENGE

POINTS: 10

BOARD GAME CHALLENGE

Create a board game using recycled materials, markers and tape.

8 KINDNESS CHALLENGE

POINTS: 10

GRATITUDE NOTES

Write a special note to three people in your life who you care about. Let them know they are important in your life. Consider adding poetry or quotes or drawings to make the notes extra special.

9 KINDNESS CHALLENGE

POINTS: 10

MESSAGE FOR ALL

Create a message of hope for everyone in your neighbourhood. Use chalk to write your message on the sidewalk. Think of something to write that will give people hope and make their day better. If you don't have chalk, collect rocks and spell the message with the rocks.

10 BRAIN CHALLENGE

POINTS: 10

RUBE GOLDBERG MACHINE

Create a Rube Goldberg machine that is as complicated as you can make it. To earn lots of points, add unique and challenging steps that your marble needs to move through. See some easy examples here: <https://www.youtube.com/watch?v=ICv5owYrW4w>

11 BRAIN CHALLENGE

POINTS: 10

SPOT THE DIFFERENCE

Using paper materials collected from around your home, create two almost identical pictures. One picture will act as the original, the other must have some tiny differences. Once you have created the two images, challenge your family to find what is different!

12 BRAIN CHALLENGE

POINTS: 10

MEMORY GAME

Collect 10 random items from around your home and lay them on the ground. Next, throw a blanket or towel over the top to hide the items. Challenge yourself and your family to a memory game. Lift up the blanket or towel for 10 seconds, so everyone can see the items before covering them again. Using your memory, see if you can write down all 10 items you saw. If you succeed, try 15 or 20 items!

13 VIDEO CHALLENGE

POINTS: 10

MOVIE TRAILER

Create a movie trailer (if you have an iPhone, use the movie trailer app to make it easier). The movie can be about anything you want but must include a blue shirt, a mug and a tree.

14 VIDEO CHALLENGE

POINTS: 10

WORKOUT VIDEO CHALLENGE

Create a 2 minute workout video challenging all children across Canada to do your 2-minute workout five times a day.

15 DAILY MEGA-CHALLENGE

POINTS: 50

DAILY MEGA-CHALLENGE

Create a model of your neighbourhood using recycled materials, lego, tape and any other items you can find around your home. The bigger the better and the more details the better. Help us learn about the best parts of your neighbourhood by labelling them and making them colourful.

DAY 6 CHALLENGES

1 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

FOLLOW THE LEADER

Find a partner and stand face-to-face with them. This game is all about mirroring/copying your partner. When they move, you move, etc. For more of a challenge, speed it up or go in slow motion.



2 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

HOLD THAT PLANK!

Get in position: on your elbows and toes with your whole body (from your head to your feet) in a straight line, holding yourself up. Try holding this plank position for as long as you can. Try for 30 seconds, then 1 minute and see how long you can hold it for.



3 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

HIDING SPOTS

Just like hide and seek, this game involves one person hiding and another person seeking. The difference between the traditional version and this one is when the person hiding is caught, they have to give the seeker a compliment! Once you have played three times each, the challenge is complete.

4 CREATIVITY CHALLENGE

POINTS: 10

JCF TOP BAKER

It's baking time! In this challenge you must create a sweet treat for someone in your family! To complete this challenge you'll need the help of an adult throughout. If you don't have someone to help, it's okay, just move on to different challenge.

Find a recipe for something sweet (or make one up) and use the foods found in your kitchen to create it. Before you use anything, check with your adult to see what you can use. Then, put on your baker's apron and hat to bake, cook or make something sweet and delicious for your family.

5 CREATIVITY CHALLENGE

POINTS: 10

DESIGNER CHALLENGE

To complete this challenge, you will need to ask an adult for some fabric. This could be an old shirt/piece of clothing, a bed sheet, a pair of socks, etc. Your challenge is to take that fabric and make something new that you can wear, use or gift to someone!

Ideas could include headbands, new shirts, or a reusable bag.



6 CREATIVITY CHALLENGE

POINTS: 10

AIR BAND MANIA

It's time to turn on your favourite song and rock out by creating an air-band performance. Feel free to add friends, props and costumes.

7 CREATIVITY CHALLENGE

POINTS: 10

EGG DROP

In this challenge, you must build a protective case for something very fragile! Ask an adult for an egg. Your challenge is to protect the egg by using recycling and materials from around your house to create a case for the egg that will protect it from a fall. Once you have built your protective case, ask your adult to drop the egg from the highest place they can find in your house (top of the stairs, stood on a chair).



8 KINDNESS CHALLENGE

POINTS: 10

KINDNESS COUPONS

Create a coupon book with different activities, quotes and drawings that spread kindness. Give them out to friends and family to redeem whenever they need a pick-me-up.

9 KINDNESS CHALLENGE

POINTS: 10

HELPING HAND

Create an outline of your hand on a piece of paper. On each finger, write one thing that you are amazing at! Post this in your room to look at whenever you need a helping hand!



10 BRAIN CHALLENGE

POINTS: 10

STANDING TENNIS BALL CHALLENGE

Build the tallest standing structure you can using items from your recycling or things you have around the house and see if it can withstand the weight of a tennis ball! Don't have a tennis ball? Use a similar item you have at home!



11 BRAIN CHALLENGE

POINTS: 10

BLIND-FOLDED TASTE TEST

Time to put your taste buds to the test! Ask an adult to provide you with some different foods from your kitchen. Arrange them on a plate. Close your eyes (or use a blind-fold) and try to guess what the different foods are! Once you have tried, challenge your family members to do the same.

12 BRAIN CHALLENGE

POINTS: 10

DO AS I SEE NOT WHAT I SAY

Use the image below and try to say the COLOUR of the word, not the word itself. Your brain sees the word before it sees the colour - how cool?! Time yourself to see how fast you can do it!

YELLOW BLUE ORANGE
ORANGE YELLOW BLUE
BLUE ORANGE YELLOW
BLACK WHITE PURPLE
CYAN GREEN PINK
RED RED RED RED RED

13 VIDEO CHALLENGE

POINTS: 10

TRY NOT TO LAUGH

Write down a list of funny things or jokes to tell to a family member. Tell them they have to try not to laugh.

14 VIDEO CHALLENGE

POINTS: 10

WILDLIFE DOCUMENTARY

Find a pet, family member or interesting object in your home. Film them like they are the subject of a wildlife documentary with you as the narrator. Use your imagination and tell the audience about what they like to eat, what they like to do and what their animal names are.

15 DAILY MEGA-CHALLENGE

POINTS: 50

FIELD OF DREAMS

Design and build the baseball field of your dreams! Use boxes, paper, paint, or whatever you can think of and create your dream baseball stadium. Bonus points if you can incorporate the Blue Jays logo in your stadium!

DAY 7 CHALLENGES

1 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

BALLOON BATTER UP!

Create a baseball bat out of old toilet paper rolls. Once you have your bat ready, blow up a balloon to use as a ball. Using your bat and ball create your very own Home Run Derby in your home. Find an object (like the couch) to be your home run fence. If you hit it over the fence, you get a home run = 1 point. Hit 10 home runs to gain 10 points.

2 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

JAYS CARE OPEN

Have you heard of the Jays Care Open? We are taking you on a baseball golf experience in your own home. Make a circle with a towel - this is your hole. Use a small ball (or rolled up socks) and practice throwing the ball into the hole. Be creative and make it challenging by moving your towel (hole) around the house. The goal is to create ten different holes, getting more difficult each time.

3 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

KEEP IT MOVING BOARD GAME

Introducing the newest, coolest board game around! Keep your body active and warm by playing this game by yourself or with your family! The goal is to try your best to make it around the board game at least once. When you have finished, we challenge you to stretch your creative muscle and create your own board game that focuses on fitness and physical activity!



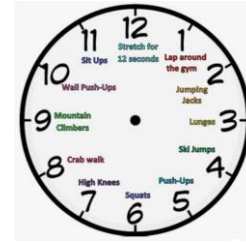
4

PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

TIME TO GET MOVING

Do you know what time it is? It's TIME to get physically active! Print out or draw a picture of a clock and add different exercises that correspond to each number like the example below. Place a paper clip in the middle of the clock, spin it and complete the corresponding exercise or stretch that it lands on. Good luck and don't forget to have a fun TIME with it!



5

CREATIVITY CHALLENGE

POINTS: 10

SAFARI!

Have you ever wondered what it would be like to go on a Safari in your very own house? To create your safari, draw as many pictures as you can of animals you might see on a safari like lions, tigers and elephants. Place the animals all around your house and then challenge your family to come safari with you. See how many animals you can spot.

6

CREATIVITY CHALLENGE

POINTS: 10

ROCK BAND

Have you wanted to be a drummer in a rock band and perform in front of thousands of people? Here is your chance! Create a musical instrument or set of drums using items from around your house like pots, pans or tupperware. Encourage your family to do the same. Once you have your rock band assembled, make a tune or rhythm using your homemade instruments.

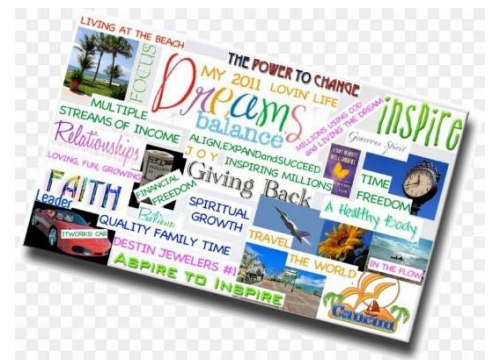
7

CREATIVITY CHALLENGE

POINTS: 10

DREAM BOARD

Have you ever wondered what it would be like to see all of your dreams in one place? This challenge will help you to do that by creating a dream board! To create your dream board go through old magazines that you have laying around your house and cut out pictures that make you think of your future or things that you would dream about doing. You can also print pictures off of the Internet if there are specific things that you want on your dream board. Once you have cut out your pictures, stick the pictures on a bristol board or a large piece of paper. Hang your dream board on your wall so you can see it everyday. This is an example of a dream board. However, you can make it however you want!



8

KINDNESS CHALLENGE

POINTS: 10

APPRECIATION LETTER

During times like these, emergency response personnel are working around the clock to ensure everyone is safe and healthy. Take this time to write a letter of appreciation to your local police, fire or ambulance station. Once social distancing is over, mail your letter of appreciation to the emergency response force in your area that you appreciate.

9

KINDNESS CHALLENGE

POINTS: 10

KINDNESS STICKY NOTE CHALLENGE!

How do you feel when someone gives you a compliment? You often feel AMAZING! Let's remind the people we live with how AMAZING they are! Find 5 sticky notes (or pieces of paper with tape) and create 5 kind messages for the people you live with. Post your notes on their bathroom mirror! For example: Your smile is beautiful! Keep smiling!

10

BRAIN CHALLENGE

POINTS: 10

RIDDLE CHALLENGE

Answer this riddle: What is always in front of you but can never be seen?

11

BRAIN CHALLENGE

POINTS: 10

THINK OUTSIDE THE BOX!

I am NOT an ice cream cone.
I am a_____.

Print or draw a picture of an ice cream cone and stretch your creative muscles by turning your ice cream cone into something completely different using markers, pencils, crayons, or anything in your house!



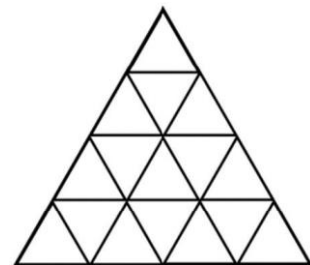
12

BRAIN CHALLENGE

POINTS: 10

TRIANGLE CHALLENGE

There are three different types of triangles: equilateral, isosceles and scalene. Count the number of triangles you see in the photo below. Hint: I'm sure there are a lot more than you think!



13 VIDEO CHALLENGE

POINTS: 10

SALES PITCH!

What is the best film or TV show you have seen recently? If you had to convince others to watch it what would you say? Record yourself giving your best sales pitch where you convince the audience why they should tune in to watch your film/TV show. Be enthusiastic, get excited and get creative!

14 VIDEO CHALLENGE

POINTS: 10

SHOW AND TELL VIDEO CHALLENGE!

Find an item in your house that is special to you, and tell Jays Care why it means so much to you!

15 DAILY MEGA-CHALLENGE

POINTS: 50

7TH INNING STRETCH!

Take part in your own 7th Inning Stretch by learning the words to "OK Blue Jays!" Click this link to see: https://www.youtube.com/watch?v=qag6w_Tp50A -

Make a video of you and your family performing the song around your house. Mega points available for creativity, lip-syncing and Blue Jays memorabilia!



DAY 8 CHALLENGES

1 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

PITCHING BOWLING

Grab nine items that can stand upright and place them in rows like the pins in bowling. Next, grab a pair of socks and put one inside the other to create a ball. The challenge is to knock down as many 'pins' as you can in as little throws as possible! Keep knocking them down to get your best score!

2 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

BODY SCULPTURES

It's time to get flexible! Ask someone in your home to choose 5 different items or structures that you can create using just your body! For example: a tree, a table, a clock etc. You have to hold the pose for 10 seconds.

3 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

ACTIVE ALPHABET

Write down your name on a piece of paper and for every letter in your name, write an exercise that begins with the same letter. For example, Paul = push-ups, A = ab crunches, U = upper body stretches, L = lunges. The amount of letters in your first and last name is equal to how many repetitions you should do for every exercise. For example, a person named Paul Kim has 7 letters, and would do 7 repetitions of each exercise.

4 CREATIVITY CHALLENGE

POINTS: 10

ENGINEERING CHALLENGE

We challenge you to build your own boat! To make your boat that can actually float in water (tub and sink), you can use any recycling, paper products or craft supplies you can find in your home. Once your boat is built, try and see how much weight it can hold! Using coins you can find around your house, slowly place the coins in the boat to see how much it can hold!

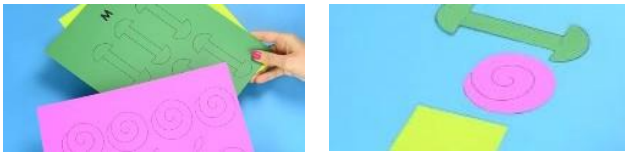
5**CREATIVITY CHALLENGE****POINTS: 10****DOMINO CHALLENGE**

Using various materials that are all around your house, try and line up as many objects in a row. Once you have fully developed your domino design, get the camera ready to film the domino falling effect! More points will be rewarded to those who can use multiple levels within your home.

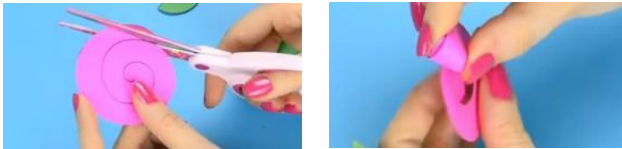
**6****CREATIVITY CHALLENGE****POINTS: 10****PAPER ROSE RINGS**

Looking for some new jewelry? This is the craft for you! With just a pair of scissors, construction paper and a little bit of glue or tape, you can have some new fashionable jewelry!

Step 1: Draw shapes on 3 different colours of construction paper.



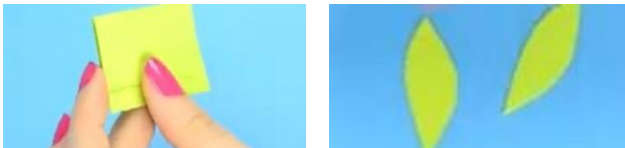
Step 2: Cut out the swirl - rose and roll from the outside inwards.



Step 3: Roll the rose, until you get to the end. Add a piece of tape or glue to the end.



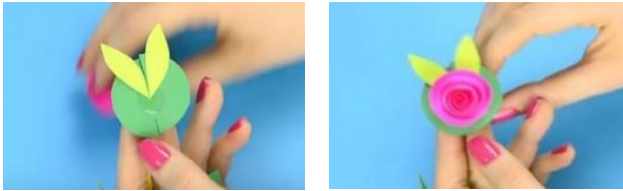
Step 4: Then take the construction paper you would like to use for the leaves and fold it in half. Cut out 2 leaves.



Step 5: This shape is the base of the ring. Cut a small slit and twist the two ends towards each other.



Step 6: Place glue on the flat surface of the base and place on your leaves and rose.



Step 7: Rose Ring Complete - Place on your finger!



7 CREATIVITY CHALLENGE

POINTS: 10

CLOTHES ART

Find a picture in your house or a piece of art. Using your clothes, arrange your items on flat surface try to recreate the picture or art. Think about the colours and textures you'll need and then go find clothes that match!

8 KINDNESS CHALLENGE

POINTS: 10

EMOJI CHALLENGE

Create and draw your very own emoji that you could send to someone who has done something kind to you! Write and explain why you decided to draw this emoji.

9 KINDNESS CHALLENGE

POINTS: 10

HUG CHALLENGE

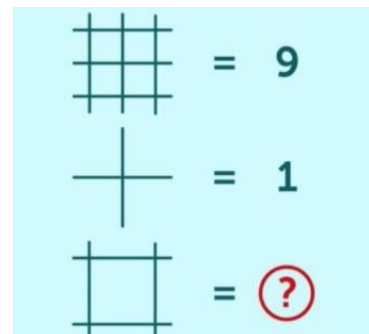
Who needs a hug? I do! Send Jays Care a video of you giving out free hugs to members of your family to earn points. See how many hugs you can give in one day!

10 BRAIN CHALLENGE

POINTS: 10

WHAT'S THE NUMBER?

Insert the missing number in the puzzle below.
HINT: Look for a pattern!



11 BRAIN CHALLENGE

POINTS: 10

SUDOKU LEVEL 2 CHALLENGE

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 there can't be any repeats!

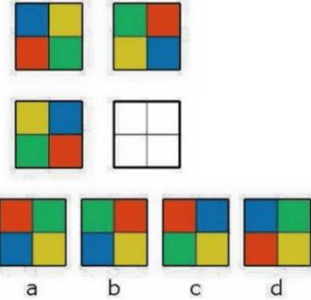
1	6	7		2		8		
				6	1			
2	8							
					5		2	4
8	3	5	2	6	4	1	9	7
4					3	5		8
	2	8	3	4	1		5	

12 BRAIN CHALLENGE

POINTS: 10

GUESS THE PATTERN

Given these three patterned blocks, what should the pattern be on the fourth block? Choose from the answers listed below.



13 VIDEO CHALLENGE

POINTS: 10

10 T-SHIRT CHALLENGE

Do you think you can rock 10 t-shirts in an outfit? Make a video of yourself putting on each shirt until you are wearing 10 t-shirts at once and then strike a pose! *Please Note: DO NOT do this challenge if you are home alone. Make sure an adult is nearby to help you.



14 VIDEO CHALLENGE

POINTS: 10

CULTURAL SHOW AND TELL

Make a video showing us something that relates to a family tradition or your culture! This could be grandma's special recipe from her home country or an old family heirloom. Make sure to tell us why this item is so important to you or your family.

15 DAILY MEGA-CHALLENGE

POINTS: 50

INVENTIONS

Create an invention that would benefit your community. For example, a robotic watering can that moves around and waters the flowers near your home! Draw what your invention would look like and create a name for it!



DAY 9 CHALLENGES

1 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

YIN YOGA CHALLENGE

Yin is a form of yoga that involves long holds, sometimes up to 10 minutes at a time. Pick your favourite stretch and hold it for 2-5 minutes. To start, try not to go too deep into the stretch so you don't strain your muscles! As time goes on, your muscles will loosen up and you will be able to go deeper. Make sure to repeat the stretch on both sides of your body (i.e. left arm and right arm).

2 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

RAPID POP FLY

Grab any ball in your house (a tennis ball works great) and time yourself for 2 minutes to see how many self-thrown pop flies you can throw and catch. In order to count as a pop fly, you must release the ball with your hand below your shoulders and the ball must go over your head.

3 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

RACE TO THE BASE

Did you know on average, it takes an MLB player 4.3 seconds to run from home plate to first base? Now it's your turn! Set up two imaginary bases using any items in your home – examples include cones, balls, pieces of paper, etc. You will also need a family member to time you with a stopwatch. To complete this challenge, you will need to run from base to base. Record your time on the stop watch and see how quickly you can do it.

4 CREATIVITY CHALLENGE

POINTS: 10

BUCKET TOSS

For this challenge, you will set up a bucket (or box, bin, etc.) 10 feet away from you. You will need 3 balls of any size (rolled up socks work too). Your goal is throw the balls into the bucket and try to land three in a row. You will need to keep track of how many shot attempts it takes you to land three in a row. Once you get three in a row, move back another 5 feet and try again.

5 CREATIVITY CHALLENGE

POINTS: 10

GLOVE AND BALL ARTS AND CRAFTS

Looking for a nice gift for a family member? Here's a craft you can make to give to that special person! Draw a glove and a baseball (like the ones below) on two separate pieces of paper. Cut your glove and ball out from the paper! Colour-in your glove and imprint the stitches on your ball. Glue the ball in the middle of the glove. Using paint, add your hand print on to the ball. If you don't have paint, use glue and pour on some pepper on your hand imprint. Your art is now complete!



6 CREATIVITY CHALLENGE

POINTS: 10

MAKE A PYRAMID!

Create your biggest free-standing pyramid using household items (i.e. cups, toilet paper rolls, tissue boxes, cereal boxes etc.).

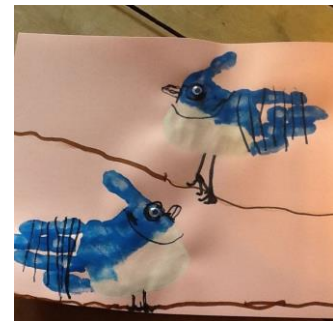


7 CREATIVITY CHALLENGE

POINTS: 10

CREATE A HANDCRAFTED BLUE JAY

Want to create your own Blue Jay? Well, you can make an awesome Blue Jay using some poster paint, your hand and a piece of paper. Simply paint your hand blue and then stamp it on the paper horizontally and press firmly, leaving a blue handprint. This will be the main body of the Blue Jay. Allow the paint to dry before moving on. When dried, give the Blue Jay an eye! This can be done if you have black paint or a pencil! Once completed, give your Blue Jay a beak, legs and some back ground details.



8 KINDNESS CHALLENGE

POINTS: 10

E-CARDS

Let's show some love to those people who help keep our cities safe and functioning. People like bus drivers, paramedics, janitors, shop assistants etc. all do jobs that are essential, especially in these difficult times. Write or create a card that shows your appreciation for their efforts. Take a picture of the card and post it to social media.

9**BRAIN CHALLENGE****POINTS: 10****WORD PUZZLES**

To complete this challenge, you'll need to scroll to the bottom of the page to find the puzzle sheet. To earn your points, solve as many word puzzles as you can!

10**BRAIN CHALLENGE****POINTS: 10****DID YOU KNOW?**

Check out these interesting facts:

Did you know...a crocodile cannot stick its tongue out?
Did you know...almonds are a member of the peach family?

What are some interesting facts that you know? Create a poster that displays some of the most interesting or whacky facts you know! Don't know any? Ask a family member for help or search the internet. Once you have some, make the most colourful and fun poster you can displaying your facts.

11**BRAIN CHALLENGE****POINTS: 10****ACE'S ADVENTURES**

I wonder what wild adventure ACE is up to right now?!
To complete this challenge, write a story about a wild adventure that ACE has embarked upon! Who did he encounter?
What exciting or difficult obstacles did he have to overcome?

**12****VIDEO CHALLENGE****POINTS: 10****WASHING HANDS EXPERIMENT**

Want to be a science teacher for a day? Let's do an experiment that teaches others the importance of washing our hands! What you need (supplies):

- Bowl of water
- Some black pepper
- Hand soap or dish soap to wash your hands with

Sprinkle some pepper onto the surface of the water. Explain that the pepper represents the germs! Dip your finger gently into the water to see what happens (nothing happens). Take finger out, dry it, and wash your hands with soap. Dip finger into water again... what happens to the pepper this time?



13 VIDEO CHALLENGE

POINTS: 10

THE VOICE OF THE BLUE JAYS

What do all good sports announcers have in common? Answer: a great voice! Practice your best announcer voice and become like Buck Martinez. Next, film your family members going about their day but with you providing the audio commentary in your best Blue Jays announcer voice!

14 DAILY MEGA-CHALLENGE

POINTS: 50

BUILD A BLUE JAYS BIRDHOUSE

Spring is just around the corner and that means many of the city's bird will be returning home looking for food and a place to sleep! Make a homemade birdhouse or birdfeeder out of items that you have in your home! Use a milk carton, water bottle, cereal box or anything that you can find to help the birds in your neighbourhood!



9

Perenniality Personality	STOOD mis	SOMEWHERE 	history history history	million
mini'llbetheute	chair	in vaders		STAND
VISION	WALKING ICE	STORM	SXOT	ONCE 
PROMISE	VIOLETS	EKA PINEAPPLE	DOOR	GET A WORD IN
COUNTRY COUNTRY	 3.14159	GROUND FEET FEET FEET FEET FEET FEET	RAKEN	BUSINES

DAY 10 CHALLENGES

1 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

LADDER CHALLENGE

Using books, shoes, or tape, create a series of 10 obstacles to jump over (like a fitness ladder). Time yourself jumping through the ladder. See how many times you can complete the ladder in one minute.



2 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

HEADSTAND CHALLENGE

Did you know that the World Record for the longest headstand was set in India by Krishan Kumar? He stood on his head while indoors for three hours, three minutes, and 50 seconds! See how long you can last. Start by setting your own personal record against a wall. Then see how long you can do it without a wall.



3 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

KEEP IT UP

Using an inflated balloon or a rolled-up pair of socks, see how long you can keep the ball in the air. Start with your hands, then move to your feet and try to set a record. See if you can beat Chloe Heglen who is a ten-year-old from Canada who currently holds the world record! (4 hours and 40,000 touches!) If you want to learn more about Chloe, check out this video: <https://www.youtube.com/watch?v=HRknE8-VDT8>

4 CREATIVITY CHALLENGE

POINTS: 10

FASHION SHOW CHALLENGE

Using newspapers, magazines and other recycled materials in your home, create a new outfit. Use tape and string to make it really pop.



5 CREATIVITY CHALLENGE

POINTS: 10

DESIGNER CHALLENGE

The next time you step outside, grab 3-5 rocks. Paint each rock in your own creative pattern. Next, create a little colourful rock garden to showcase in your home and bring a little sunshine inside.



6 CREATIVITY CHALLENGE

POINTS: 10

PAPER AIRPLANE CHALLENGE

Create an aerodynamic paper airplane. Decorate it. Next, create a target using paper, scissors and markers. Test your aim to see how many times you can launch your paper airplane through your target successfully!



7 CREATIVITY CHALLENGE

POINTS: 10

HOMESCHOOL CHALLENGE

If you are learning at home – that means you're currently part of a homeschool. Great homeschools have names, and school crests and even school mottos. Create a name for your homeschool, a crest and school motto.

8 KINDNESS CHALLENGE

POINTS: 10

SCAVENGER HUNT

Create a five-step scavenger hunt for a sibling or a parent. Come up with fun clues for each step and a prize for the last step (the prize can be a nice note, a treat, or simply a hug).

9 KINDNESS CHALLENGE

POINTS: 10

MESSAGE FOR ALL

If you could share a message of positivity with the rest of the world what would you share? Write a message of hope, positivity or kindness that you want to share with the rest of the world using paper and markers. Once complete, hang it in your window to show the world some love!

DAILY MEGA-CHALLENGE

Some amazing authors all over the world were as young as 6 when they wrote their first books. Create a children's book with a story and illustrations. To earn Mega points, it needs to be at least 10 pages long and include a monster named Ned. Good luck!

DAY 11 CHALLENGES

1 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

RUN THE BASES!

Take a walk around your house. Try to find these four items: a pillow, a book, a plate, and a door. Once you have found them, leave them where they are. Start at the first item (home plate) and run to each other items (all 3 bases) before heading home. Try it a few times and aim to beat your last time.

2 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

DANCING GROUNDS CREW

Did you know that during every professional baseball game, a grounds crew cleans the field halfway through?! Some even stop and dance! Turn on your favourite song and dance around your home, tidying up as you go.



3 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

LUCKY FITNESS

Have some dice lying around from a board game? Want to make your own? Grab dice and create exercises for each number you can roll! For example, if you roll a 2, do 5 jumping jacks. See if you can roll the dice and try every exercise.

4 CREATIVITY CHALLENGE

POINTS: 10

APRIL SHOWERS BRING MAY FLOWERS!

Spring is here and you know what that means! April Showers bring May Flowers! Let's get creative and create our own.

Supplies:

- Paper and pencil
- Pink, white, red and brown paint
- Q-tip
- Willing arm

1. Trace around your arm using a pencil and paint



2. Gather a selection of pink and red paint/colours. Once all the colours are formed, add a q-tip to each shade. Cover the q-tip in paint and dot it around the handprint, using one colour at a time. If you are using the pencil crayons, colour in small circles around the hand print.



3. Keep doing this until you are satisfied with your Blossom Tree!



5 CREATIVITY CHALLENGE

POINTS: 10

SELL YOUR ITEM!

Choose one item from your house and sell it to your audience. Get creative and think of all of the different ways you can use that item.

6 CREATIVITY CHALLENGE

POINTS: 10

BE PRIME MINISTER FOR A DAY!

Prepare a 45 second speech as if you were the Prime Minister of Canada. We want you to talk and walk the walk. Bring that Prime Minister swagger! Your job is to inspire Canadians to stay positive through this time by using your words of hope and encouragement!



7

KINDNESS CHALLENGE

POINTS: 10

GRATITUDE LIST

Did you know that writing down the things you are grateful for each morning can make a big difference in how you feel about the world? Sharing your list with someone you care about can have a huge positive impact on them as well. Write down 20 things you're grateful for and share it with a family member.



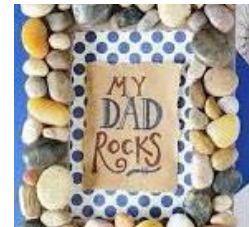
8

KINDNESS CHALLENGE

POINTS: 10

YOU ROCK CARD

Think of someone who you think is fantastic! Someone who makes you smile, or makes you laugh, or helps you out when you're feeling down. The next time you get some fresh air, collect some rocks and make them a You Rock card. See the image beside for an example. You just need, rocks, glue, some old cardboard and some markers.



9

BRAIN CHALLENGE

POINTS: 10

DRAW BLINDFOLD CHALLENGE

Find a picture in your house - it can be a picture of anything. Take a long look at it, try to memorize all the details of the picture. Once you are ready, close your eyes (or blindfold yourself) and try to recreate the picture using markers and some paper. No peeking!

10

BRAIN CHALLENGE

POINTS: 10

DAILY RIDDLE

Q. A man fell off of a 100-foot ladder, but he didn't get hurt. How is this possible?

Think about it...we'll wait.

11

BRAIN CHALLENGE

POINTS: 10

HOMEMADE PUZZLE

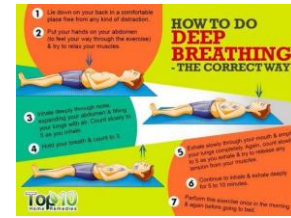
Find an old newspaper or magazine. Find a full-page image and cut it out. Once you have your image, cut it into tiny shapes, just like in a jig saw. Once you have cut up all the pieces into a pile, see how long it takes you to put the image back together.

12 HEALTHY ATHLETE CHALLENGE

POINTS: 10

ZEN CHALLENGE

Controlling your breathing is a great way to relieve stress and anxiety. Take 10-15 minutes in a quiet room to relax and practice your deep breathing.



13 HEALTHY ATHLETE CHALLENGE

POINTS: 10

SAY YES TO WATER

Use your water tracker from Week 1 (March 23 - March 27) to track your water intake this week. Try to reach the recommended number of 8 glasses of water a day.

14 HEALTHY ATHLETE CHALLENGE

POINTS: 10

HEALTHY EATING GOAL SETTING CHALLENGE

Set three healthy eating goals for yourself. Track how well you do at meeting your goals over the course of a week.

15 DAILY MEGA-CHALLENGE

POINTS: 50

SQUARE ART

Create a large drawing. Take time to make it of something you feel proud of. Next, divide the drawing into at least 12 equal sized squares. Colour each square in a different way, using different colours and different patterns.



DAY 12 CHALLENGES

1 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

FANTASTIC BAT FLIPS

Have you ever seen Jose Bautista's famous bat flip from the 2015 ALDS? If you haven't, look it up online! BONUS: Wear your Blue Jays gear for bonus points!

2 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

KNEE TAG

For this activity, you need a partner. Stand with your feet about shoulder-width apart in an athletic fielding stance, and face your partner with your hands on your own knees. Each person will attempt to touch the unguarded knee of their partner as often as possible to score a point. After 20 seconds, the person with the most points wins.

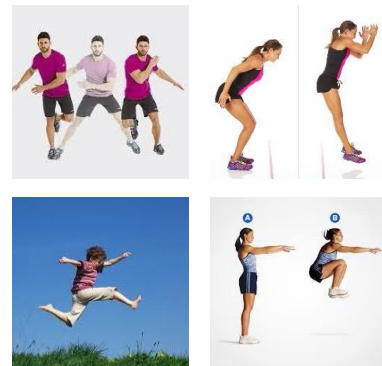
3 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

LEAPS OF FAITH

This challenge is all about jumping!

Perform: 10 jumping jacks, 10 over-the-log jumps, 10 leap frog jumps, 10 side to side jumps and 10 tuck jumps. See how many times you can repeat this sequence.



4 CREATIVITY CHALLENGE

POINTS: 10

FAMILY PLAYLIST PARTY

Create a playlist with your family's favourite songs and come up with a creative name of it. Have a dance party!

5 CREATIVITY CHALLENGE

POINTS: 10

INDOOR PICNIC

Make some snacks, grab a blanket, and put together an indoor picnic for your family to enjoy at any time.

6 CREATIVITY CHALLENGE

POINTS: 10

PLAN A (FUTURE) TRIP

Come up with a creative day-trip you and your family can take in the future. This can be something that requires travel or something as simple as a walk in your neighborhood to enjoy the things near you! Get as detailed as you can and draw out your plan.

7 KINDNESS CHALLENGE

POINTS: 10

SURPRISE CHORES

One of the easiest ways to make your parent or guardian's day is by doing chores when they least expect it. Decide on three surprise chores (i.e. sweep the stairs, make someone else's bed, do the dishes, clean the sink) and do them.

8 KINDNESS CHALLENGE

POINTS: 10

AWARDS CEREMONY

Create an award for each member of your family using markers and paper. Think of something that each person deserves an award for. Host a small awards ceremony and give out each award.



9 BRAIN CHALLENGE

POINTS: 10

MATH TIME

Alex has more than two dogs at home. All of them are corgis, except for two. All of them are pugs, except for two. All of them are labs, except for two. What kinds of dogs and how many of each kind does Alex have?

10 BRAIN CHALLENGE

POINTS: 10

DAILY RIDDLE

Q. What gets wetter the more it dries?

11 BRAIN CHALLENGE

POINTS: 10

RAPID WORDS

In 30 seconds, say as many words as you can that start with the same letter. Try to do it for every letter in the alphabet.

12 HEALTHY ATHLETE CHALLENGE

POINTS: 10

HEALTHY COOKBOOK

Do you have family recipes that have been passed down from generation to generation? Now is the time to compile all of your favourite family recipes into one place! You have been challenged to create a family cookbook of all of your favourite meals. Make sure to include the instructions about how to make your meal and draw a picture of what the finishing product should look like!

13 HEALTHY ATHLETE CHALLENGE

POINTS: 10

COOKING CLASS CHALLENGE

Find a healthy cooking recipe online or from a family or friend. Prepare the meal/snack once following the instructions. Once you have mastered the recipe, ask someone to film you teaching how to make the meal/snack a second time as though you are a cooking instructor.

14 HEALTHY ATHLETE CHALLENGE

POINTS: 10

GROW YOUR VERY OWN HOME GARDEN

Have you ever noticed that there are seeds on the inside and outside of some of your favourite fruits and vegetables (i.e., peppers)? Use these seeds to grow your favourite fruits and vegetables in your very own home! Find a pot, some soil and plant your seeds and see how they grow! Place your home garden by a window and continue to monitor and water your seeds everyday!

15 DAILY MEGA-CHALLENGE

POINTS: 50

MONSTER MARBLE RUN

Using recycled materials and tape, create the longest marble run possible. Consider moving from one floor, down the stairs, around the corner and to the next! Make your marble lands in a bowl of water at the end!

DAY 13 CHALLENGES

1 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

FACE STRETCHES

Did you know that there are 43 muscles in your face? Just like all muscles, they need stretching out. Come up with a stretch routine for the muscles in your face.

2 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

FITNESS CARDS!

Do you have a deck of cards lying around? Come up with 4 different exercises, one for each suit

Example:

Hearts - jumping jacks

Spades - squats

Clubs - side shuffles

Diamonds - arm circles (left and right)

Whenever you pull a card from the deck, perform the exercise of that suit based on the number shown on the card. If you pull a 9 of diamonds, do 9 arm circles, left and right. If you pull a face card that means you must do as many as you can!

3 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

HUMMINGBIRD

Did you know the average Hummingbird beats it wings 1,260 times in a minute? If you tried to flap your arms (wings) like a bird, how many times could you do it in a minute?

4 CREATIVITY CHALLENGE

POINTS: 10

CARDBOARD MAZE

Calling all maze runners! Use a cardboard box to create a maze board. Tape down straws, sticks or other obstacles that create a maze formation! You can make it more difficult by adding holes in the bottom of your box or by adding different dead-end routes for your ball to end up. Use a ball, marble or any object (like a frozen pea) and navigate your way through the maze!



5 CREATIVITY CHALLENGE

POINTS: 10

MAKE YOUR OWN BOARD GAME

What's your favourite board game? Can you use some of the rules from different board games you've played to make your very own board game? Think of rules, challenges and use items you have in your home to make the best board game ever!

6 CREATIVITY CHALLENGE

POINTS: 10

A LETTER TO YOUR FANS

You are a top celebrity or athlete with millions of fans wanting to know all about how you're spending your time. How are you keeping busy? What are you doing for fun? How is your indoor swimming pool and basketball court doing? All of your fans want to know! Don't forget to finish your letter with an autograph or a photo so your fans know you're thriving!

7 KINDNESS CHALLENGE

POINTS: 10

JOKES OF THE DAY

Making people laugh can be a huge gift. Take time to think or research the best 5 jokes that you think will make your whole family laugh. Write them down. Wait until you're all together and then read each joke out as a gift for your family.

8 KINDNESS CHALLENGE

POINTS: 10

REACH OUT CHALLENGE

Think of someone you haven't spoken to in a while who you really miss. Take the time to write them a note that helps them know how much you miss them.



9 BRAIN CHALLENGE

POINTS: 10

MATH TIME

I am a three-digit number. My tens digit is six more than my ones digit. My hundreds digit is eight less than my tens digit. What number am I? Send your answer to Jays Care to earn your points!

10 BRAIN CHALLENGE

POINTS: 10

DAILY RIDDLE

What goes up but never comes back down?

11 BRAIN CHALLENGE

POINTS: 10

BACKWARDS IN TIME

Say the days of the week, or the months of the year, in backward order as fast as you can. Repeat! If playing with a partner, use a stopwatch to see who can go the fastest.

12 HEALTHY ATHLETE CHALLENGE

POINTS: 10

RESET YOUR SLEEP

Throughout this unique time, you may not be getting the best sleep. Lay down and have a 15 minute nap to reenergize your body and your mind. Earn your points by napping!

13 HEALTHY ATHLETE CHALLENGE

POINTS: 10

FRIDGE DETECTIVE

Look through your fridge and cupboards. Pick out five items you think are the healthiest. Explain why you picked these items to a family member. Make a healthy snack using at least two of the ingredients.

14 HEALTHY ATHLETE CHALLENGE

POINTS: 10

HEALTH DETECTIVE CHALLENGE - SUGAR INVESTIGATOR

Time to research! Find out what happens to people's bodies when they eat too much sugar. Make a poster that teaches why we should limit our sugar and gives people at least 3 ideas of low sugar foods they should try to eat more often.

15 DAILY MEGA-CHALLENGE

POINTS: 50

MAKE YOUR OWN WINGS

Use scrap paper to cut and colour a hundred different feathers. Next, using a big piece of cardboard, glue the feathers down to make two big wings.



DAY 14 CHALLENGES

1 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

TAPE SHAPES!

Use tape to create a variety of shapes on the floor. Stand on one of the shapes to start, and come up with as many different ways to move from one shape to the other.

Example:

“Bear crawl to the triangle”

“Hop on one foot to the circle”

“Side shuffle to the square”

See how many shapes you can create and how many different ways you can travel to them!

2 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

KEEP THE BALLOON UP

Using a balloon, see how many times you can touch it to keep it in the air without it hitting the floor. Too easy? Now try using only your head, or your feet!

3 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

BUNTING RANGE

Create your own driving range inside to practice your bunting! Find some household items to use as a bat and a ball and practice aiming your bunts in different areas! Create a point system for different areas or distances and keep track of how many points you can rack up! Give yourself a time limit and score as many points as possible!

4 CREATIVITY CHALLENGE

POINTS: 10

CREATE YOUR OWN RESTAURANT MENU

Who's hungry?! It's time to create your own restaurant menu! Include meals for breakfast, lunch or dinner based on your dream restaurant. Include all food groups and ensure there are healthy options that people can choose from as well. Add your restaurant name and logo to the top of the menu, to make it uniquely yours.

5 CREATIVITY CHALLENGE

POINTS: 10

FOOD DESIGN CHALLENGE

Design a baseball diamond using food items! Points will be awarded for the creativity of the diamond as well as the variety of food items you use.

6 CREATIVITY CHALLENGE

POINTS: 10

SPELL YOUR NAME!

Spell out your first name on the floor using items from around your house. You can use clothing, blankets or any other household items. Points will be awarded based on creativity.

7 KINDNESS CHALLENGE

POINTS: 10

COMMUNITY MURAL

If you can, take some time to be outdoors in your community. Find an open sidewalk to begin a community chalk mural where others can take part and contribute their art work! Ask questions that they can answer and create spaces for them to draw their own contributions.



8 KINDNESS CHALLENGE

POINTS: 10

SPA TREATMENT

Create a mini-spa for someone in your home. Consider offering a hand massage with hand lotion, a back massage, some nail painting, and a home-made face mask:

(1) Combine one egg yolk, one tablespoon of honey, and one tablespoon of olive oil (yes, olive oil) with half a cup of oatmeal. (2) Stir well, then apply it to your face for 15-20 minutes. (3) Rinse with lukewarm water (make sure your drain is cool with oatmeal!) and then moisturize.



9 BRAIN CHALLENGE

POINTS: 10

MATH TIME

A grandmother, two mothers, and two daughters went to a baseball game together and bought one ticket each. How many tickets did they buy in total?

10 BRAIN CHALLENGE

POINTS: 10

DAILY RIDDLE

How can you tell the difference between dogs and trees?

11 BRAIN CHALLENGE

POINTS: 10

BACKWARDS SPELLING

Pick a word, and spell it out loud. Here's the difficult part now try to spell that word backwards. See what the longest word is you can spell backwards.

12 HEALTHY ATHLETE CHALLENGE

POINTS: 10

COMMERCIAL CHALLENGE

Create a short commercial that challenges kids across the country to make healthy choices. Ask a parent or guardian to video it.

13 HEALTHY ATHLETE CHALLENGE

POINTS: 10

VEGGIE PEOPLE

Go into your fridge and find 5 different fruits and vegetables. Try to create a stand up veggie person using each item. You can use alternate material (i.e., toothpicks) to make your veggie person stand.

14 HEALTHY ATHLETE CHALLENGE

POINTS: 10

GRATITUDE CHALLENGE

Think about people in your life who encourage you to get active and be healthy. Write one of them a thank you note.

15 DAILY MEGA-CHALLENGE

POINTS: 50

DESIGN YOUR OWN SHOES

Become a fashion designer and create a pair of brand new shoes! Using construction paper, tape and markers create a pair of shoes. Be sure to include a logo for your company on the side.



DAY 15 CHALLENGES

1 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

TARGET TOSS

Grab your indoor ball and some household items for targets. Things like pillows and laundry baskets are easy to use as targets. Aim and throw at those targets! Create a point system for each target and try to see how many points you can get in 5 minutes!

2 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

PUDDLE JUMPING

Is it raining out? Nevermind, here's a chance to get active. Throw on your most waterproof gear and go find some puddles to jump in. Practice jumping from puddle to puddle and seeing how far you can jump. Remember to wipe your feet before going back inside.

3 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

FLASHLIGHT SCAVENGER HUNT

Pick some objects to use for a scavenger hunt. Next, grab some flashlights and turn off the lights! See if you or your family members can find all the hidden items using the flashlights!

4 CREATIVITY CHALLENGE

POINTS: 10

DRAW A PORTRAIT

Draw a portrait of a friend or family member using a pen and paper. Points will be awarded based on the detail of your portrait.

5 CREATIVITY CHALLENGE

POINTS: 10

DESIGN AN AWARD OF THE WEEK

Design a weekly award that you can give out to a friend or family member. Determine 1) a name for the award (i.e. hero of the week) 2) how you decide who earns the award and 3) what does the award recipient receive (i.e. a certificate, a baseball, etc.)

6 CREATIVITY CHALLENGE

POINTS: 10

NATURE NOISES

Using materials and objects found in your house, try to recreate the sounds of nature. Is that the wind I hear blowing? Or is that a waterfall I hear?

7 KINDNESS CHALLENGE

POINTS: 10

FLY A KITE CHALLENGE

Make a family kite using paper, cardboard, tape and markers. This kite should include the names of everyone in your family. Once it's ready, invite your family outside to watch you fly it.

8 KINDNESS CHALLENGE

POINTS: 10

MOVIE IN A FORT

Make a fun and cozy fort out of pillows and cushions and sheets. Be sure that you can see a television from one side of it. Once it's ready, invite a family member into your fort to watch a cozy movie with you.

9 BRAIN CHALLENGE

POINTS: 10

MATH TIME

When Miguel was 6 years old, his little sister, Leila, was half his age. If Miguel is 40 years old today, how old is Leila?

10 BRAIN CHALLENGE

POINTS: 10

DAILY RIDDLE

What is easy to get into but hard to get out of?

11 BRAIN CHALLENGE

POINTS: 10

MEMORY ROOM

With a partner. Ask them to memorize the position of every item in a room. Then ask them to leave the room. Next move one item to a new spot. Ask them if they can identify what has move. If they get it switch roles and play again!

12 HEALTHY ATHLETE CHALLENGE

POINTS: 10

WATER INSPECTOR!

Find out five important facts about water and why humans need it each and every day. Create a poster that teaches other people those important facts!

13 HEALTHY ATHLETE CHALLENGE

POINTS: 10

PICTURE DRAWING CHALLENGE

Draw a picture of your 5 favourite healthy foods.

14 HEALTHY ATHLETE CHALLENGE

POINTS: 10

SILLY STORY CHALLENGE

Imagine if your favorite healthy foods could talk!? Create, write, draw or say out loud a story about a day in the life of your favorite healthy food!

15 DAILY MEGA-CHALLENGE

POINTS: 50

SONG WRITING CHALLENGE

Write a song about what it's been like to be away from school for long. It can be sung to the tune of an existing song – but should include at least three verses that are original and about the past few weeks of life.

DAY 16 CHALLENGES

1 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

HOPSCOTCH MASTER!

Get creative and make your own hopscotch board! You can make this outside with sidewalk chalk or inside with tape or other household items. **BONUS:** Bonus points if you can incorporate different fitness exercises into your hopscotch board!



2 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

RAINBOW SCAVENGER HUNT!

Write down all of the colours of the rainbow and try to find items in your house that match each colour! Time yourself to see how fast you can find the items or challenge a family member to complete it!

3 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

JUMPING JACK CHALLENGE!

How many jumping jacks do you think you can do in one minute? Start the timer and go! Write down how many jumping jacks you completed and then try to beat it!

4 CREATIVITY CHALLENGE

POINTS: 10

TAXI DRIVER CHALLENGE

Imagine you are a taxi driver for a day. Set up your taxi using chairs and grab a pillow for a steering wheel. Next, invite your family to ride in the taxi. What are the 5 most interesting questions you would ask your rider to strike up a good conversation?

5 CREATIVITY CHALLENGE

POINTS: 10

PIZZA DESIGNER

Imagine the world's greatest pizza! What toppings would go on it? Design the most creative pizza that's ever been created!

6 CREATIVITY CHALLENGE

POINTS: 10

WORLD SERIES SPEECH

It's the final game of the World Series and you are managing the Blue Jays! The players are counting on you to motivate them with a pre-game speech. Record yourself giving a 30 second speech that inspires them to go on the field and give it their best!

7 KINDNESS CHALLENGE

POINTS: 10

RAINBOWS OF HOPE

Following social distancing and school closures, children are staying connected with one another by putting their best handmade rainbow artwork in their windows for others to see! The idea is to keep people smiling and connected while spreading hope for those out on walks.



8 KINDNESS CHALLENGE

POINTS: 10

LONG DISTANCE HUG

Let a family member or friend know you are thinking of them by mailing them a long-distance hug!

- Start by creating a handprint with your favourite colour or paint.
- Next, cut out the handprints and reinforce them with construction paper.
- Now measure ribbon or string so that it matches your entire arm span for the hug.
- Attach the ribbon to the handprints by hole-punching the base of the hand and tying the ribbon or by gluing.
- Write a kind message and mail your hug!



9 BRAIN CHALLENGE

POINTS: 10

MATH TIME

The total cost for a new pair of headphones and a new pair of sunglasses is \$140. The headphones cost \$100 more than the sunglasses. How much do the headphones cost?

10 BRAIN CHALLENGE

POINTS: 10

DAILY RIDDLE

I run all around the field but never move. What am I?

11 BRAIN CHALLENGE

POINTS: 10

COUNT THE BLOCKS

Can you work out how many blocks are in this 3D tower?
Is it 7, 8, 9 or more?

How many blocks?



12 HEALTHY ATHLETE CHALLENGE

POINTS: 10

I TRY

Have you ever tried kiwi, mangos or brussels sprouts? Well today's the day to take your taste buds on a new adventure! Step into your stretch zone this week and try one new healthy food a day!

13 HEALTHY ATHLETE CHALLENGE

POINTS: 10

FOOD ART!

Have you ever made the most amazing artwork with your food? The best part is that you get to eat it after! Using your favourite healthy foods, create your very own masterpiece on your plate before eating it.

14 HEALTHY ATHLETE CHALLENGE

POINTS: 10

SHARING THE HEALTH

They say that sharing is caring! In this challenge, you need to make a healthy snack for everyone in your family using your favourite healthy foods.

15 DAILY MEGA-CHALLENGE

POINTS: 50

TOILET PAPER BIRD FEEDERS

Looking for something to do with your leftover toilet paper rolls? Try making a toilet paper roll bird feeder! Start by running a long piece of string through an empty toilet paper roll and tie it together at the ends. Then, smear peanut butter (or any nut butter you have) all over the surface of the roll. Next, roll it through birdseed and hang the feeder up for the birds to see. Try keeping track of all the different birds who stop by for a snack.



DAY 17 CHALLENGES

1 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

STORYTELLING STRETCHING

To start this challenge, you need to write a sentence. It can be about anything, your family, yourself, whatever you like! Once you've constructed your sentence, shape your body into the same shape as the letters in your sentence! This challenge can be big or small depending how long your sentence is!

2 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

SKIPPING ROPE ROCK!

Grab your skipping rope, or make one using string or twine, and get ready to rock out! Your challenge is to play your favourite song and try to jump rope without stopping until the song ends.

3 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

SPINNER FITNESS!

Get out some paper, pens, pencils and crayons and create your own fitness spinner! You can make your own with a clip like this: OR, you can hold a pen with the tip facing down where that clip would go and spin away! Make each section on your spinner a different exercise and spin it 10 times! See if you can use your spinner everyday!



4 CREATIVITY CHALLENGE

POINTS: 10

ROGERS CENTRE HOT DOG CHALLENGE

For a baseball fan, nothing can beat the excitement of catching a live game to cheer on your favourite team. While at the game, many fans like to enjoy a ballpark classic – a hot dog. Your challenge is to design 5 new hot dogs that Rogers Centre can offer Blue Jays fans in the future! What kind of toppings will you add to each one?

5 CREATIVITY CHALLENGE

POINTS: 10

30-DAY GOALS!

Isolation can have its upsides, especially if you set yourself goals! While social distancing at home, think of three things you want to achieve in the next 30 days! It could be to spot 3 new birds out the window, learn all the lyrics to a new song or to bake a chocolate cake.

6 CREATIVITY CHALLENGE

POINTS: 10

DRAGON'S DEN - JR. ENTREPRENEUR EDITION

If you had the opportunity to start your own business, what would it be? Why would you choose it? What's your inspiration?

7 KINDNESS CHALLENGE

POINTS: 10

POSITIVITY STICKY NOTES

Try and boost the positivity around your home by leaving sticky notes with positive messages (i.e., "You are amazing, smart, and talented") on surfaces around your house for your family members to find!

8 KINDNESS CHALLENGE

POINTS: 10

GRATITUDE GREETERS

Write and decorate a card to share with your favourite Blue Jays players. Let them know why they are your favourite and what you love about baseball.

9 BRAIN CHALLENGE

POINTS: 10

MATH TIME

Leon works at the aquarium. When he tries to put each turtle in its own tank, he has one turtle too many. But if he puts two turtles per tank, he has one tank too many. How many turtles and how many tanks does Leon have?

10 BRAIN CHALLENGE

POINTS: 10

DAILY RIDDLE

I'm tall when I'm young, and I'm short when I'm old, what am I?

11 BRAIN CHALLENGE

POINTS: 10

BACK DRAWING

Success in this challenge requires you to transfer a physical sensation to a mental picture. To complete this challenge you'll need a partner. One person uses their finger to write a word on the back of the second person. The second person tries to identify the word. Switch positions and take turns being the writer and guesser.

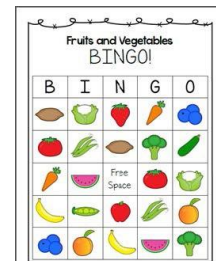
12 HEALTHY ATHLETE CHALLENGE

POINTS: 10

FRUITS AND VEGGIE BINGO

Did someone say BINGO?!

Throughout the week try your best to complete one line of the bingo card below by eating your favourite fruits and vegetables! Even better, try your best to fill your entire card!



13 HEALTHY ATHLETE CHALLENGE

POINTS: 10

STORY TIME

Listen to the story "Why Should I Eat Well" by following the link below to listen to a story about the benefits that come from healthy eating! What was something new that you learned about healthy eating after listening to the book? Write or draw a picture of your favourite part of the story to earn your points. <https://www.youtube.com/watch?v=2gPi2uXFdEk>

14 HEALTHY ATHLETE CHALLENGE

POINTS: 10

VIRTUAL PICNIC

Have you been missing eating lunch with your friends? Phone or video call your friend and eat a healthy lunch with them! Let your friend know what healthy lunch you made for yourself and give them some ideas for healthy meals they can make for themselves and their family! If it's a nice day outside, take a blanket, your lunch and your virtual friend outside!

15 DAILY MEGA-CHALLENGE

POINTS: 50

BUILD A TINY TOWN

Hit up your recycling bin for plastic bottles, cans and cardboard and get to building your dream tiny town! You can stack, cut and combine your materials into businesses, homes, hospitals or schools – the possibilities are endless!



DAY 18 CHALLENGES

1 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

THINK ON YOUR FEET!

Your challenge is to play a game of baseball by making equipment using only materials found in your recycling. Get creative with how you can use paper, recycled bottles, cardboard and containers too!

2 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

BALLOON POP!

Find a piece of chalk or use tape and create multiple circles (balloons) on the ground.

Try out some of these different ways to pop them (by jumping on them).

1. One Leg (then switch and try the other leg).
2. Both legs
3. Backwards
4. Skip one



For an extra challenge, come up with a unique way to move through the balloons or spread them farther apart.

3 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

SUPERHERO ARMS!

Baseball players must have strong arms to throw, catch and hit. These exercises are meant to strengthen your arms!

1. Arm circles (10 forward, 10 backward)
2. Self hugs (10)
3. Jab, cross (10 left and right)
4. Arms Up (20)
5. Push-ups (10)
6. Upper cuts

Try to repeat each 2-3 times.

4 CREATIVITY CHALLENGE

POINTS: 10

THE INVISIBILITY CLOAK

You have been given an invisibility cloak as a gift. If you could be invisible for a day, what would you do? Describe your day in a paragraph to earn your points.

5 CREATIVITY CHALLENGE

POINTS: 10

WHO WANTS TO BE A WWE WRESTLER?

You've been invited to take part in WrestleMania! If you were a WWE wrestler, what would be your name, signature move and costume? The more creativity, the higher your points!

6 CREATIVITY CHALLENGE

POINTS: 10

CREATING A FAMILY CALENDAR

Create a large calendar for your entire family using family photographs! Mark big events, holidays and all birthdays.

7 KINDNESS CHALLENGE

POINTS: 10

SPECIAL SOMEONE

Take or draw a photo of one person that you really care about. Describe who they are and what makes them so special to you.

8 KINDNESS CHALLENGE

POINTS: 10

RAY OF SUNSHINE CHALLENGE

Make a video to brighten up someone's day, just like a ray of sunshine. Choose their favourite song as the background music and let them know that you are thinking of them.

9 BRAIN CHALLENGE

POINTS: 10

MATH TIME

Mohamed spent half as much as Aliah did on presents this year and Serika spent 3 times more than Mohamed did. The total spent between the three of them was \$720. How much money did each person spend?

10 BRAIN CHALLENGE

POINTS: 10

DAILY RIDDLE

What five-letter word becomes shorter when you add two letters to it?

11 BRAIN CHALLENGE

POINTS: 10

CARD RECALL

Take a deck of cards and place five cards in a line on the table. By turning over each card, one at a time, you must memorize the sequence. Once you get it right, you can add an additional card. Keep going for as long as you can.

12 HEALTHY ATHLETE CHALLENGE

POINTS: 10

ABC CREATIONS

Using carrots or other healthy food create the letters of the alphabet one at a time. I got stuck on the letter Q! Hint: you can use more than one food to create your letters!

13 HEALTHY ATHLETE CHALLENGE

POINTS: 10

THEME OF THE DAY

Pick a different healthy food each day to be your theme and try to eat as many different types of that food as possible. For example, if you pick apple, you could try a green apple, red apple, dried apples, canned apples, pureed apples or any other type of apple you can think of.

14 HEALTHY ATHLETE CHALLENGE

POINTS: 10

DRESS THE CHEF

Go into your closet and find the best chef clothes that suit your personality! Create your own chef swag and create a healthy snack wearing it. Send a photo to Jays Care in your best chef attire.

15 DAILY MEGA-CHALLENGE

POINTS: 50

REGROW VEGETABLE SCRAPS

Who knew garbage could turn into something you could eat?! Try re-growing some of the following vegetables at home. All you will need is some veggie scraps, a cup, and some water!

Celery: Simply chop the base from the celery stalk, leaving about 2 inches. Place it in a dish of water in a sunny location. Now watch it grow and remember to water it!

Green Onion: Take the leftover green onion roots, drop them in a glass with enough water to cover them, and move the onions around so the roots are pointing down. Make sure you change the water out once every couple of days so they don't get greasy.

Carrot Tops: Place the carrot tops (not baby carrots) in a shallow saucer with water, so that half the carrot top is submerged in the water. Place the saucer on a windowsill where it will get light. Add water to the saucer as needed to keep the tops from drying out.

The carrot tops will sprout in about 1-2 weeks!





DAY 19 CHALLENGES

1 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

SIMON SAYS!

Find a friend or family member and play Simon Says with them. Someone is the leader will say "Simon Says" followed by a movement. If you say a movement without "Simon Says" before it and the followers perform it, they are out. Switch who the leader is.

Try:

- Jumping jacks
- Front/back kicks
- Jumping up and down
- Standing on one foot
- Touching your head

2 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

KICKBALL CHALLENGE!

Find items to mark 1st, 2nd and 3rd base as well as home plate and set them up as follows: Using a softball, pillow or another soft item, kick or throw it as far as you can from home plate. Time yourself to see how fast you can move from 1st to 2nd to 3rd base and back home. Try it 3 times and push yourself to move faster each time.

3 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

MUSIC FREEZE TAG

For this challenge you need a partner. Ask your partner to play a song and choose when to start and stop the music. When the music is playing, start dancing. Every time the music stops, you have to freeze in place. Have your partner walk around and judge how frozen you are. Try to freeze in new and fun dance positions and take a picture of your best frozen pose!

4 CREATIVITY CHALLENGE

POINTS: 10

A MEAL WITH...

If you could sit down and have a meal with anyone past/present who would it be? Think of 3 questions you'd like to ask that person. Once you have your person and your 3 questions write them on a piece of paper to earn your points.

5 CREATIVITY CHALLENGE

POINTS: 10

TAPE MAZE

Using tape create a maze that you can put on your floor. Challenge family members to try and complete this. Give it a creative name!



6 CREATIVITY CHALLENGE

POINTS: 10

CREATING A NEW SPORT

Using items in your home create a NEW sport! Explain the rules of the game and how it would work. Challenge your family members to take part, and as always, come up with something creative for the name!

7 KINDNESS CHALLENGE

POINTS: 10

KINDNESS BRACELETS

Make kindness bracelets for you and your loved ones. Find some scrap paper, cut them into long strips, one for each person. On each bracelet, write 5 things that you admire about that person and present it to them as a gift.

8 KINDNESS CHALLENGE

POINTS: 10

VIRTUAL STORYTIME

Pick up your favourite childhood book and read it to a family member or friend who is younger than you. If you do not live with this person, give them a phone or video call and share your story with them.

9 BRAIN CHALLENGE

POINTS: 10

MATH TIME

If there are four apples and you take away three, how many do you have?

10 BRAIN CHALLENGE

POINTS: 10

DAILY RIDDLE

What has four wheels and flies?

11 BRAIN CHALLENGE

POINTS: 10

MEMORY SHOPPING

The aim of this challenge is to remember as many items purchased at the shops as possible!

Start by saying, "I went shopping and bought a____," identifying an item you would buy. Now ask a partner to do the next line, "I went shopping and bought a (names the first person's item) and a____(adding a new item to the list)."

Continue to take turns to remember the items purchased in order as the list gets longer and longer. The winner is the last person who can correctly name all of the items in sequence. When you finish write down all the items in the story to earn your points.

12 HEALTHY ATHLETE CHALLENGE

POINTS: 10

FRUIT AND VEGGIE ANIMALS

Go into your fridge and cupboard and pick out 10 of your favourite fruit and veggies. Try to create your favourite animal out of your snacks.



13 HEALTHY ATHLETE CHALLENGE

POINTS: 10

FOOD JOURNAL

Create your own food journal (book) and track all your favourite meals that you have eaten throughout the week. Write a few sentences on why this is your favorite meal and don't forget to draw it!

14 HEALTHY ATHLETE CHALLENGE

POINTS: 10

FOOD PORTRAIT

Have you ever pictured yourself as food? Design a self-portrait on your plate using what you find in your fridge and cupboards. Your berry beautiful masterpiece should be displayed with a selfie.

15 DAILY MEGA-CHALLENGE

POINTS: 50

DREAM DUGOUT

You've been hired to create a new dugout for the Toronto Blue Jays! Using items from around your home, make sure to include all of your favourite things to make this the perfect space for you and your teammates.



DAY 20 CHALLENGES

1 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

EGG AND SPOON

For this challenge you need an egg (but a rock or marble will work) and a spoon. Put the egg on the spoon and hold it by the handle. Try to walk across the room, from one end to the other without it dropping. If you want an added challenge, try taking bigger steps, shuffling sideways, crawling across the room or put the spoon in your mouth.

*Note: if you want to keep it clean, ask a parent to hard boil the egg first so it doesn't make a mess if you drop it. Also, get creative and decorate your egg before you try the challenge.

2 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

OBSTACLE COURSE

Build yourself an obstacle course (inside or outside) by thinking of creative ways to move through the course.

Examples:

- Make a pillow path
- Crawling under chairs
- Slither like a snake
- Hop like a bunny

3 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

DANCE TEACHER

Dancing is a great way to keep fit and healthy! For this challenge you need to come up with your very own dance. This can include lots of physically active moves and steps. Once you have it down, now you need to teach it to someone in your family.

4 CREATIVITY CHALLENGE

POINTS: 10

FAMILY CREST

Create your own family or friendship crest. Use traits that are important to you, or things that make up who you are! Do you like sports? What about music? Maybe you have a love for animals, or you have a unique heritage and background. Add these into your crest, so we can see what makes you, you!

5 CREATIVITY CHALLENGE

POINTS: 10

TREASURE HUNT

X marks the spot! Use a household item or a personal treasure that you have and place it somewhere in your home. Create a treasure map to find whatever that item is! Be sure to use directions, number of paces and maybe even some pirate traps or riddles along the way! Challenge your family to complete the treasure map to see if they can find your treasure!

6 CREATIVITY CHALLENGE

POINTS: 10

PAINT NIGHT

Create a masterpiece using paint, or any drawing material you have at home. Use a fruit bowl, a plant or something that inspires you as your object and create it on paper. Once you have completed your masterpiece, put the picture in your window or share it on social media for neighbours or friends to see!

7 KINDNESS CHALLENGE

POINTS: 10

WRITE YOUR TEACHER A LETTER

Teachers deserve acts of kindness too! Write a letter to your teacher, highlighting what you miss about the classroom and their teaching. You can either choose to mail the letter to them now or give them the letter as a gift once school is back in session.

8 KINDNESS CHALLENGE

POINTS: 10

SELF-ESTEEM PIZZA

When we practice kindness, it is important to remember that we must also be kind to ourselves! Try cooking up a self-esteem pizza to remind yourself about all the special things that make you, you! To start, paint a paper plate to look like a pizza base. Next, while the pizza dries, cut out pizza toppings from construction paper. Then, write positive affirmations, skills or traits about yourself on these toppings. Finally, assemble your pizza and discuss your choice of toppings and why they make you unique!



9 BRAIN CHALLENGE

POINTS: 10

MATH TIME

The ages of a father and son add up to 66. The father's age is the son's age reversed. How old could they be?

10 BRAIN CHALLENGE

POINTS: 10

DAILY RIDDLE

When was the last year that looked the same upside down and right side up?

11 BRAIN CHALLENGE

POINTS: 10

WORD BY WORD STORY

In this challenge you need a partner. Start a story with a single word. The next person must say that word and then an additional word that builds on yours. Then you can say the first two words and adds a third, and so on. Keep going for as long as you can until you form a full story!

12 HEALTHY ATHLETE CHALLENGE

POINTS: 10

OUTDOOR CHALLENGE

Spending time outside is a great way to clear your mind and increase your mental health. Spend at least 30 minutes outside today!

13 HEALTHY ATHLETE CHALLENGE

POINTS: 10

EAT THE RAINBOW

Did you know that different coloured foods have different benefits for your body? Look in your kitchen and try to eat a food with every colour of the rainbow.

Color	Foods	Benefits
Red	Tomatoes, watermelon, guava	Lycopene: antioxidants
Orange	Carrots, yams, mangos, pumpkins	Beta-carotene: Immune system
Yellow-orange	Oranges, lemons, papayas, peaches	Vitamin C: detoxify harmful substances
Green	Spinach, kale, collards	Folate: builds healthy cells
Green-white	Broccoli, Brussels sprouts, cabbage	Indoles, lutein: eliminate carcinogens
White-green	Garlic, onions, chives, asparagus	Allyl sulfides: destroy cancer cells
Blue	Blueberries, plums	Anthocyanins: destroy free radicals
Red-purple	Grapes, berries	Resveratrol: decrease estrogen
Brown	Whole grains, legumes	Fiber: carcinogen removal

14 HEALTHY ATHLETE CHALLENGE

POINTS: 10

HEALTHY ALPHABET CHALLENGE

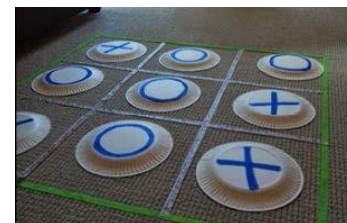
A is for Athletics, B is for Blue Jays, C is for Cardinals. But what about if they were foods? Write out your ABC's matching each letter with a healthy food.

15 DAILY MEGA-CHALLENGE

POINTS: 50

GIANT TIC-TAC-TOE TOURNAMENT

Create your own giant tic-tac-toe board for you and your family to enjoy. Use different coloured cups, paper plates or any other items of your choice. The tournament winner gets a grand prize of your choosing!





DAY 21 CHALLENGES

1

PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

YOGA STRETCHES!

Start your challenge day off right and stretch it out! Pretend you're leading a group through your stretches. Here are some stretches you can do:

- Touch your toes
- High knees
- Lunges
- Arm circles
- Back kicks/front kicks
- Back rotations

2

PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

FULL NAME FITNESS!

Can you spell out your full name? Once you spell it out, perform the exercises associated with each letter below! Get your sweat on!

- A- Jump up and down 10 times
- B- Hop on one foot 5 times
- C- Crawl like a bear for 10 seconds
- D- Run to the nearest door and back
- E- Hold a plank for 10 seconds
- F- Hop like a frog 8 times
- G- Do 5 push-ups
- H- Side shuffle 10 steps to the left
- I- Side shuffle 10 steps to the right
- J- Bend down and touch your toes 10 times
- K- Do 10 squats
- L- Skip to the wall and back
- M- Do 10 arm circles (left and right)
- N- Jog in place for 10 seconds
- O- Perform 3 burpees
- P- Show off your high knees for 10 seconds
- Q- See how fast you can tap your toes 10 times
- R- Reach for the sky for 10 seconds
- S- Crab walk for 10 seconds
- T- Balance on your right foot for 10 seconds
- U- Balance on your left foot for 10 seconds
- V- Pretend to hit a punching bag for 10 seconds
- W- Walk for 25 seconds
- X- Skip to the closest door and back
- Y- Do 10 Jumping Jacks
- Z- 20 Second Wall Sit

3**PHYSICAL ACTIVITY CHALLENGE****POINTS: 10****TARGET TOSS**

Remember the steps we learned before on how to throw?

1. Grip ball along backwards “C” with 2 or 3 fingers
2. Ride a surfboard (knees slightly bent and balanced)
3. Make a “T” – ball out with your glove towards the target
4. Bend arm with ball and wave at the person behind you
5. Release at ear
6. Buckle your seatbelt

Use these steps to practice your aim! With permission, grab items from your house that you can use as targets. Pillows, blankets & laundry baskets are all good options. Place them around the room and see if you can hit your targets! For an added challenge, change the distances of the targets and add points for each one.

4**CREATIVITY CHALLENGE****POINTS: 10****THE MOTTO BANNER**

A motto is a short sentence or phrase that sums up the ideals or identity of a person, family or collective. Do you have a personal motto? Does your family have a motto that you all abide by? If not, here is your chance to create one! If you could hang a motto in your home, what would it say? You have the task to create a banner with your motto on it.

5**CREATIVITY CHALLENGE****POINTS: 10****ALRIGHT, FITNESS INSTRUCTOR! SHOW US WHAT YOU GOT!**

Now the tables are now turned! We have provided you with a bunch of physical activity plans, but now it's time for you to get Canada active! Give us a workout to get our blood pumping and our hearts racing!

6**CREATIVITY CHALLENGE****POINTS: 10****THE PEOPLE'S CHAMP – SPOTLIGHT ON YOU!**

If you could give one piece of advice to the next generation, what would it be? Create a 30 second clip of you providing your words of wisdom for the next generation to earn your points!

7**KINDNESS CHALLENGE****POINTS: 10****CUP OF KINDNESS**

Write a family member or friend a kind letter and with it include a tea bag they can enjoy. Make note at the start of the letter that they should enjoy the cup of tea while they read the letter you sent. This way it will feel like they are having a nice cup of tea and chat with someone they love.

8

KINDNESS CHALLENGE

POINTS: 10

KINDNESS ROCKS

Join the movement taking place across the globe and brighten someone's day with a kindness rock! The steps are easy. First, find a smooth stone. Then paint the stone in bright colours and add some words of encouragement. Finally, take the rock along on your next walk and place it somewhere that people can find it! It is as simple as that!



9

BRAIN CHALLENGE

POINTS: 10

MATH TIME

Can you work out the answer to this math riddle? Here is a clue, try starting with the chicks!

$$\text{koala} + \text{koala} - \text{fox} = \text{chick}$$

$$3 \times \text{chick} = 33$$

$$\text{chick} - \text{monkey} = 7$$

$$\text{koala} - 3 = \text{monkey}$$

$$\text{fox} = ?$$

10

BRAIN CHALLENGE

POINTS: 10

DAILY RIDDLE

What two things can you never eat for breakfast?

11

BRAIN CHALLENGE

POINTS: 10

CRITICAL CORNER

Think about three potential answers to this question: "How would your life be different if electricity was never discovered?"

12

HEALTHY ATHLETE CHALLENGE

POINTS: 10

CREATE YOUR OWN SMOOTHIE

Creating a smoothie is a tasty way to get your daily recommended fruits and vegetables. Did you know that some vegetables such as spinach and avocado go very well in a smoothie? Look around your kitchen for ingredients that you think would be tasty in a smoothie. Blend them together and try it out!

13 HEALTHY ATHLETE CHALLENGE

POINTS: 10

BREAKFAST EGG CUPS

Did you know that breakfast is the most important meal of the day? It's a great way to start your morning and give your body the energy it needs to function. Try making one of these delicious breakfast recipes and share with your family.

Egg Cups: <https://www.superhealthykids.com/recipes/breakfast-egg-cups-recipe/>

Spinach Muffins : <https://www.superhealthykids.com/recipes/sweet-spinach-muffins/>

14 HEALTHY ATHLETE CHALLENGE

POINTS: 10

DRESS YOUR SALAD CHALLENGE

Creating your own salad dressing is a lot easier than it sounds! One of our favourites is a balsamic vinegar dressing! Research different homemade salad dressing recipes that sound tasty to you! Ask a parent or guardian to help gather all the ingredients to create your amazing dressing. Make a salad for your household and use your new creation to dress it! Remember to keep note of the recipe if you enjoyed it!

15 DAILY MEGA-CHALLENGE

POINTS: 50

THEMED DINNER PARTY

Why not turn dinner time into an escape and distraction by hosting a theme night for you and your family?! Pick a theme that everyone can dress up for and base your dinner menu around it! For example, you could do 'A Night at the Ball Game' and serve hot dogs and dress up as your favourite Blue Jays players!

DAY 22 CHALLENGES

1 PHYSICAL ACTIVITY CHALLENGE **POINTS: 10**

STRETCH BALL

Grab an old ball, or make your own (with rolled up socks, paper etc.) and draw on numbers 1, 2, 3 & 4 on different spots on the ball. For each number, come up with a stretch to perform. Here's some examples:

- 1. Touch your toes
- 2. Arm circles
- 3. Lunges
- 4. High knees

Toss the ball in the air, catch it and see what number your thumb lands on. Whatever number your thumb lands on, perform that stretch! Repeat!



2 PHYSICAL ACTIVITY CHALLENGE **POINTS: 10**

FITNESS FIND!

Search for words in this word search related to fitness! When you find a word, perform that exercise 10 times and then search for the next word. See how many you can find!

Fitness Finds

O	K	S	B	U	R	P	E	E	U	K	P	U	R
E	S	P	K	H	O	L	P	L	A	N	K	R	K
A	P	U	H	S	U	P	M	E	R	U	S	K	E
R	U	N	T	S	P	M	U	J	G	O	R	F	A
L	I	F	P	S	K	C	I	K	T	N	O	R	F
K	U	P	L	C	B	P	K	I	K	K	H	M	N
N	P	N	F	C	A	I	N	O	N	H	U	P	C
P	P	T	G	C	B	K	I	C	K	G	C	J	C
I	R	C	J	E	R	S	C	S	Q	U	A	T	A
I	G	C	K	C	A	J	G	N	I	P	M	U	J
S	E	E	N	K	H	G	I	H	B	P	C	R	T
A	R	M	C	I	R	C	L	E	G	B	S	N	B
R	B	E	A	R	C	R	A	W	L	K	M	E	C
E	B	A	C	K	K	I	C	K	S	F	A	B	K

- FRONT KICKS
- PLANK
- BURPEE
- FROG JUMPS
- SKIP
- LUNGE
- BEAR CRAWL
- JUMPING JACK
- ARM CIRCLE
- SQUAT
- BACK KICKS
- PUSH UP
- HIGH KNEES

3**PHYSICAL ACTIVITY CHALLENGE****POINTS: 10****BLUE JAY BOWLING!**

Have you ever made your own bowling alley at home? Now's your chance! Use recycled materials like plastic water bottles, soda bottles, or cups for the pins. Fill up the bottles with water halfway and screw on the cap tight! Find something in your house to use as a bowling ball! This could be a ball you already have, rolled up socks, or even a toy truck!

**4****CREATIVITY CHALLENGE****POINTS: 10****WELCOME TO 2040!**

It's journal time! Where do you see yourself in 20 years from now? How will you see the world? Where will you be and what would you be doing? What changes would people see in you? Describe and draw a picture of how you think you, your city and your life will look in 2040!

5**CREATIVITY CHALLENGE****POINTS: 10****DESIGN YOUR NEW CAR!**

Tell us about what would make the coolest car ever! What does it look like and what kind of features or accessories does it come with? TV screens for the backseat passengers? A ping-pong table out of the trunk?

6**CREATIVITY CHALLENGE****POINTS: 10****HUMAN BOBBLEHEAD**

Record a 15 second clip of you as a human bobblehead! It can resemble an athlete, celebrity, movie character, or any other person you can think of. Points will be awarded for creativity of your costume, your pose and the ability to keep the same face while bobbling!

**7****KINDNESS CHALLENGE****POINTS: 10****BE KIND TO THE EARTH**

Acts of kindness are not solely reserved for the people in our lives, but also the things that surround us! So why not try switching things up and showing some kindness to the earth?! Pick one or more of the following earth-friendly challenges to earn your points:

- Shut off the water while you brush your teeth
- Turn off the lights when you leave the room
- Recycle any plastic bottles, cans or cardboard around your home
- Shorten your shower time

8

KINDNESS CHALLENGE

POINTS: 10

PLAN A VIRTUAL SURPRISE PARTY

Do you have a friend or family member with an upcoming birthday? Why not plan them a virtual surprise party?! Assign a theme, decorate your background and invite some friends to join virtually as well! In true surprise party fashion, have your friends hide off-camera before the birthday guest signs on. When your friend joins the meeting, you and all your party guests can jump on camera and yell, "Happy birthday!" Then you can spend your time talking, eating, and celebrating your friend together.

9

BRAIN CHALLENGE

POINTS: 10

MATH TIME

Can you solve today's math riddle? Here is hint, start with the grapes!

$$\begin{aligned} \text{🍌} + \text{🍌} + \text{🍌} &= \text{🍓} \\ \text{🍓} \times \mathbf{1} &= \text{🍇} \\ \text{🍇} + \text{🍇} &= \mathbf{24} \\ \text{🍉} + \text{🍌} &= \mathbf{6} \\ \text{🍇} + \text{🍓} + \text{🍉} &= ? \end{aligned}$$

10

BRAIN CHALLENGE

POINTS: 10

DAILY RIDDLE

If you throw a blue stone into the Red Sea, what will it become?

11

BRAIN CHALLENGE

POINTS: 10

CRITICAL CORNER

Your challenge is to write a story about the zoo without using the names of any animals. You must explain everything you see, hear and smell – but don't forget not to use any names!

12

HEALTHY ATHLETE CHALLENGE

POINTS: 10

DREAM FOOD

Create a poster and draw ALL of your favourite foods you eat! Circle the ones that you think are the healthiest and then present it to someone in your home. Challenge yourself to try and draw your favourite food with different faces.

13 HEALTHY ATHLETE CHALLENGE

POINTS: 10

GROCERY SHOP

Have you ever dreamt of going on a shopping spree? Well here is your chance! Grab any grocery store flyers that get delivered to your home and flip through the pages to try to find 5 products in each food area (breads, cereals, vegetables, fruit, milk, cheese, lean meat, fish, nuts etc.). Once you have five foods cutouts, draw a shopping bag or cart on a piece of paper and glue or tape your food cutouts to it.

14 HEALTHY ATHLETE CHALLENGE

POINTS: 10

FRUIT AND VEGETABLES COOKIES

Do you have fruits and vegetables in your fridge that are just sitting there? Now is your time to get creative with them! Use different shaped cookie cutters to cut out yummy fruit cookies. Challenge yourself and create a picture out of your fruit and vegetable cutouts on your plate.



15 DAILY MEGA-CHALLENGE

POINTS: 50

LEMONADE STAND

Create a homemade lemonade stand and whip up some lemonade for you and the family to enjoy! Use any materials you can find around the house! Cardboard, boxes, toilet paper rolls, you name it!

DAY 23 CHALLENGES

1 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

COLOUR SEARCH!

How colourful is your home? Search around your house and see how many items you can find of each colour of the rainbow: red, orange, yellow, green, blue and purple. Do you have any Blue Jays gear? Use that as your blue item!

2 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

BALLOON HOME RUN DERBY!

Want to hit like Vladdy and Bo? Pick a space in your home to be a home run fence in the outfield. Get a balloon and blow it up, this will be your ball and your hand will be the bat. Throw the balloon up into the air and see if you can hit it over that home run fence!

3 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

BOTTLE FLIP

Find a plastic water bottle and fill it with a bit of water and put the lid back on. Try to flip the bottle to land right side up 10 times in a row. Once you have completed 10, try for 20. Film a video of your best bottle flip to earn your points...for extra points send it in slow motion!

4 CREATIVITY CHALLENGE

POINTS: 10

YOUR NEW ALBUM

Pretend you are the most popular musician of 2020! What kind of music would you make? Create a brief bio of your musician-self along with the name of your most recent album and the name of 10 songs on the album. Bonus points if we get a sample of your music!

5 CREATIVITY CHALLENGE

POINTS: 10

VIRTUAL TRIVIA NIGHT

Create 20 trivia questions about your family and host a virtual trivia night! Use an online video app that works best for you, set a time, invite your family and have some fun!

6

CREATIVITY CHALLENGE

POINTS: 10

DANCE CRAZE

Get as creative as possible to create the next viral dance. Share and practice with your family members!

7

KINDNESS CHALLENGE

POINTS: 10

BOOKMARK BUDDY

Know someone who loves to read? Why not make them a bookmark buddy?! This craft is simple to make and let's someone know you are thinking about them. What you'll need:

- 4 or more pom-poms
 - 1 popsicle stick
 - 2 googly eyes
 - Glue
1. Glue one of the pom-poms to the end of a popsicle stick. Then glue more pom-poms on each side of the first pom-pom.
 2. Glue two googly eyes to one of the pom-poms which is on the end of the worm. Then, take a picture and send it to Jays Care to earn your points!
 3. Give your bookmark buddy to your book loving friend or family member to enjoy!



8

KINDNESS CHALLENGE

POINTS: 10

KINDNESS BINGO

Create your own random act of kindness bingo card. Be sure to include a variety of different activities and gestures that you and your family can do to show kindness. This card can be made and given to each family member to play with - the first person to complete each act of kindness and fill up their bingo card first is the winner!



9

BRAIN CHALLENGE

POINTS: 10

MATH TIME

Can you work out the answer to this math puzzle? Hint... The racket and the arrow both represent the same value!

$$\text{Racket} = \text{Basketball} + \text{Basketball}$$

$$\text{Target} \times 5 = \text{Basketball}$$

$$\text{Racket} + 3 = 8$$

$$\text{Target} = \text{Racket}$$

$$\text{Basketball} = ?$$

10 BRAIN CHALLENGE

POINTS: 10

DAILY RIDDLE

You will buy me to eat but never eat me. What am I?

11 BRAIN CHALLENGE

POINTS: 10

CRITICAL THINKING CORNER

If you could make one rule that everyone in the world must follow, what rule would you make and why? Draw a poster that describes your rule and how you think the world would change because of it.

12 HEALTHY ATHLETE CHALLENGE

POINTS: 10

NOT CHO' TYPICAL NACHOS!

Did someone say Nachos? Yes, but these aren't your regular nachos, oh no! Use a variety of fruits and vegetables, cut them up, and place them on a plate. Find peanut butter, wow butter or humus and sprinkle it on top (just like you would sprinkle cheese!).



13 HEALTHY ATHLETE CHALLENGE

POINTS: 10

NUTRITION LABEL INVESTIGATOR

Have you ever wondered what the label on the side of some of your food really says? Take time watching the video below that helps to explain what the label means for your health. After the video, search around your kitchen and find 3 nutrition labels and decide whether the food is healthy or unhealthy!

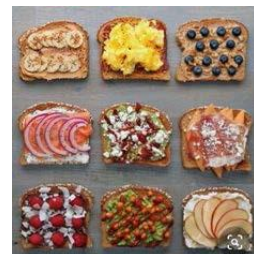
<https://www.youtube.com/watch?v=yIY0w04AAVk>

14 HEALTHY ATHLETE CHALLENGE

POINTS: 10

JAZZ UP YOUR TOAST!

Do you love toast and find yourself eating a piece every morning for breakfast? Try your best to step into your stretch zone and add a healthy element to your toast! For example, you could add peanut butter and bananas one day, or an avocado another day!



BUCK MARTINEZ WEATHER REPORT

We all know that April showers bring May flowers, but the month of April also tends to send us some unpredictable weather patterns. We might experience snow, wind, sunshine and rainbows all in one week. We're in need of a weather reporter with a familiar voice that we can trust! Create a video of you providing us with the weather report using your best Buck Martinez impression!



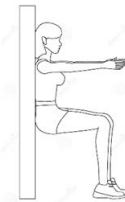
DAY 24 CHALLENGES

1 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

WALL SIT

Find an empty wall and get into a seated position against the wall. Hold this position for as long as you can and record your time. Try to see if you can hold it for 45 seconds, 1 minute or 2 minutes!



2 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

100 BURPEE CHALLENGE

This challenge is tough! Perform 100 burpees throughout one day. Take your time and pace yourself, but try to complete all 100! For an added challenge, add a push-up. For less of a challenge, drop your chest to the floor instead of doing a plank.



3 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

JUMPING JACK ATTACK

Set a timer for 1 minute. Complete as many jumping jacks as you can in 1 minute. Try it 2-3 times, each time trying to beat your last score.



4 CREATIVITY CHALLENGE

POINTS: 10

TORONTO BLUE JAYS GIVEAWAY FOR THE FUTURE

Come up with a creative giveaway or promotional day for the Toronto Blue Jays in the future. Think about what you and your family would be interested in to receive as giveaways! Create a poster describing all your giveaways!

5 CREATIVITY CHALLENGE

POINTS: 10

CRAFT BASEBALL DIAMOND

Get creative with materials in your house to make a craft baseball diamond. Once complete create your own rules and play with family members!



6 CREATIVITY CHALLENGE

POINTS: 10

#BLESSED

It is important to think about things that make us feel happy or excited, even when things can be difficult! Think about something that you are thankful for, and create a drawing, story or song about that person, item or time in your life that you felt #blessed, happy or thankful. Send your #blessed creation to Jays Care to earn your points.

7 KINDNESS CHALLENGE

POINTS: 10

COMMUNITY SPOTLIGHT

Have you noticed that a member of your community has gone above and beyond in a special way? Maybe they are a frontline worker or a delivery driver who always spreads joy to those they meet. We would love to hear about them! Write a short newspaper article explaining why you think this person is special and should be celebrated.

8 KINDNESS CHALLENGE

POINTS: 10

BUCKET CHALLENGE

Start by drawing and cutting out your very own bucket and decorate it in anyway that you like. Post it on a wall where everyone will be able to see it. The goal is to use sticky notes or your own cut outs to fill up this bucket with all the positive things that you and your family members do in one week.



9 BRAIN CHALLENGE

POINTS: 10

MATH TIME

Can you work out today's math puzzle? Hint...start with the blue cars!

10 BRAIN CHALLENGE

POINTS: 10

DAILY RIDDLE

What starts with a P, ends with an E and has thousands of letters?

11 BRAIN CHALLENGE

POINTS: 10

CRITICAL THINKING CORNER

You can have any three things that you want. In return you must give away three things that are about the same size as the things you get. What do you get and what do you give away?

12 HEALTHY ATHLETE CHALLENGE

POINTS: 10

THE VEGGIE GUESSING BAG GAME!

This game tests your food identifying skills! Ask you're a family member to place some vegetables (real or plastic) in a bag (a grocery bag, paper bag, pillowcase, etc..). Once the veggies are in the bag, it's your turn to close your eyes and guess which ones are in the bag! Once you guess one correctly, you can take it out of the bag! Continue the Veggie Guessing Game until all the veggies are out of the bag! Now – you try! Place all different kinds of veggies, fruits or other food in the bag and ask your family member to close their eyes and guess! Who can guess all the vegetables the fastest?

13 HEALTHY ATHLETE CHALLENGE

POINTS: 10

CREATE A VEGETABLE PERSON!

Create a 'vegetable person' using real vegetables (or pictures of vegetables!). Use toothpicks to help your 'vegetable person' be three-dimensional. If you're using real vegetables, eat your vegetable person as your morning or afternoon snack! Be creative! Maybe your vegetable person would like a chair to sit in, or a table to eat at?! Maybe your vegetable person would like a baseball bat and ball to play with?!



14 HEALTHY ATHLETE CHALLENGE

POINTS: 10

SALTY POTATO EXPERIMENT!

To complete this experiment you'll need:

- 2 small bowls
- 2 pieces of paper (to be your labels)
- 1 marker
- 1 spoon
- 1 potato (cut in half)
- Water
- Salt

Fill your two small bowls with water. Mix two spoonfuls of salt into ONE of your bowls. Label both bowls so you know which one has all the salty water. Safely cut your potato in half. Place half a potato into each one of your bowls with the cut-side down. Leave your experiment for 30 minutes and watch what happens! After 30 minutes, read the description below. Snap a picture to receive your points!

AFTER THE EXPERIMENT:

What did you notice? The saltwater draws water out of the potato, causing it to shrivel! Just like when the potato loses water when placed in the salty solution, salty food and drinks make people thirsty! This is why we eat very salty items like chips only sometimes, and not every day!

SILENT HIGHLIGHTS

Think about your favourite Blue Jays highlight and get ready to recreate it to the best of your ability. Put your acting skills to the test by performing your favourite highlight silent-movie style! Extra points if your video is in true silent movie black and white style!

DAY 25 CHALLENGES

1 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

BALL TOSS

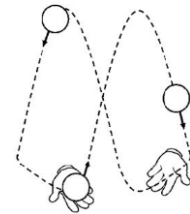
Using your right hand, (with your left hand behind your back) toss a ball or object up in the air and only catch it using your right hand. Do this as many times as you can before dropping the ball/object. Switch hands and try it out with your left hand.

2 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

JUGGLE

Now that you have warmed up your arms from our first challenge, try juggling! Using the pattern below and three objects or balls, try to juggle them. Start with two balls and work your way up to three

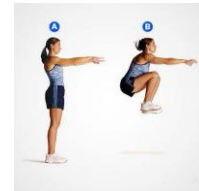


3 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

UP, UP & AWAY

Put 1 minute on the clock and complete as many tuck jumps as you can. Complete this challenge 2-3 times.



4 CREATIVITY CHALLENGE

POINTS: 10

TAKEOFF CHALLENGE

Use materials that you have in your house to create an airplane, or a rocket ship. Challenge your family to see who can make their flying ship go furthest! Measure your distance traveled to earn points! Let's see who can make it closest to the moon!

5

CREATIVITY CHALLENGE

POINTS: 10

WHO WANTS TO BE A MILLIONAIRE?

You are the host of a popular game show, and it's your turn to come up with different trivia questions to ask your family! Think of things that you've learned at school or some interesting facts that you've heard from friends or online! Use your best game show voice to ask your family some of your questions! As your questions get harder, they are worth more prize money, with your hardest question worth \$1,000,000!! Who will be the winner!?

6

CREATIVITY CHALLENGE

POINTS: 10

NEW SPORT IN TOWN

The Prime Minister has asked you to create a new sport for people to play together! Take all of your favourite aspects of sports like baseball, hockey, basketball and more, and combine them together to make your new sport! Think about what type of footwear you would wear during this sport, where would you play (under water, on a mountain, on grass), how would you score points and who you would play with! Be as creative as you want, after all this is your own sport!

7

KINDNESS CHALLENGE

POINTS: 10

D-I-Y HAPPY PLACE

Studies show that the more positive the space is that you are in, the better it can make you feel! Create a happy place for you or your family members to use whenever they could use an extra boost of positivity. Be sure to fill this space with words of encouragement, bright colours or even some of your favourite photos.

8

KINDNESS CHALLENGE

POINTS: 10

LEAD A GUIDED RELAXATION EXERCISE

Lead your family members on a journey of relaxation and mindfulness! Begin by finding a comfortable space to lie down and taking five deep breaths together. Using a soothing voice, guide the others in tightening and relaxing all their muscles one at a time, starting from their face and moving all the way to their toes.

9

BRAIN CHALLENGE

POINTS: 10

MATH TIME

Today's math puzzle is a tough one! Can you solve it? Hint...8 minus what number is that same number?



10 BRAIN CHALLENGE

POINTS: 10

DAILY RIDDLE

In a one-story pink house, there was a pink person, a pink cat, a pink fish, a pink computer, a pink chair, a pink table, a pink telephone, a pink shower – everything was pink! What color were the stairs?

11 BRAIN CHALLENGE

POINTS: 10

CRITICAL THINKING CORNER

What are three ways the world would be different if people did not need to sleep? What would you do with the extra time? Create a poster that explains how the world would be different to earn your points!

12 HEALTHY ATHLETE CHALLENGE

POINTS: 10

FRUIT WORD SEARCH

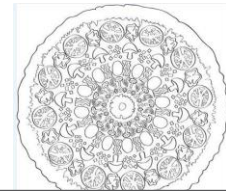
Create your own word search using only fruits! First create a grid, then write in your fruits (horizontal, vertical and diagonal) and then fill with random letters until your grid is full! Now challenge your family to find the fruits!

13 HEALTHY ATHLETE CHALLENGE

POINTS: 10

COLOUR YOUR PIZZA

Draw a picture of your favourite pizza. When finished, use lots of different colours to make it as colourful as possible!



14 HEALTHY ATHLETE CHALLENGE

POINTS: 10

FOOD FROM AROUND THE WORLD

Each day pick a different country or culture to research. See what kind of food they eat that is different from the food you eat at home. If you can, try to make the meals you find for dinner this week! What was your favourite meal you made or researched?

15 DAILY MEGA-CHALLENGE

POINTS: 50

SPRING IN THE AIR!

On your next opportunity to grab some fresh air outdoors, look around you for the signs of spring! You'll see that the flowers are beginning to bloom, trees are beginning to bud, birds are signing and that there are countless signs of life returning to welcome in spring.

DAY 26 CHALLENGES

1 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

HANDSTAND CHALLENGE

Using a wall (or not) get yourself in a handstand position and hold it for as long as you can. BONUS: Let us know how long you held your handstand for!



2 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

SQUAT IT OUT

Put a timer on for 1 minute, and complete as many squats as you can in that time. Try it 2-3 times to see if you can beat your previous total.

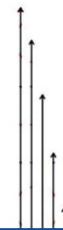


3 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

LINE TOUCH

Find 4 objects in your house (like stuffed animals, books, bottles, etc.) and set them apart by various distances. Run to one object, then back to the starting point. Do this for every object and try to complete it 3 times!



4 CREATIVITY CHALLENGE

POINTS: 10

BoART!

Let's see those artistic skills. We want to see your best and most colourful drawing of Bo Bichette!

5 CREATIVITY CHALLENGE

POINTS: 10

WALKING UP TO THE PLATE!

We want to see you getting ready for your next at-bat. Don't forget to dress for the occasion! What will be your walk-up song? What does your swagger look like? Let's see how you intimidate the pitcher!

6 CREATIVITY CHALLENGE

POINTS: 10

HAPPY RETIREMENT!

You have been in the big leagues for 20 years, congratulations! The Toronto Blue Jays want to recognize you and retire your number! Create a short video of your retirement speech with your jersey in the background (could be any jersey you have) to earn your points. Don't forget to thank all your fans!

7 KINDNESS CHALLENGE

POINTS: 10

THANK YOUR POSTAL WORKER

Our postal workers are working hard during this time to make sure all our mail still gets delivered! Celebrate their hard work by writing them a letter they can receive the next time they drop off your mail! Leave it in your mailbox or tape it on top for them to find the next time they drop off your mail.



8 KINDNESS CHALLENGE

POINTS: 10

CELEBRATE OUR FRONTLINE WORKERS

The Registered Nurses Association of Ontario is encouraging people to come outside their homes every night at 7:30 p.m. and make some noise — bang pots and pans, sing a song, honk your car horn — in a noisy display of thanks for the hard-working nurses and other medical professionals on the front lines. Get your pots and pans ready and take a picture or video of you and your family celebrating our workers!

9 BRAIN CHALLENGE

POINTS: 10

MATH TIME

Can you solve today's math puzzle? The baby and the police officer both represent a value. But what is that value?

$$\begin{aligned} \text{Baby} &= 12 - 3 \times 2 \\ \text{Baby} \times \text{Police Officer} &= 6 \\ \text{Baby} &= \text{Police Officer} + \text{Police Officer} \\ \text{Baby} + \text{Baby} + \text{Baby} &= \text{Police Officer} \\ \text{Explain why this is true.} \end{aligned}$$

10 BRAIN CHALLENGE

POINTS: 10

DAILY RIDDLE

A man was driving a black truck. His lights were not on. The moon was not out. A lady was crossing the street. How could he see her?

11 BRAIN CHALLENGE

POINTS: 10

CRITICAL THINKING CORNER

What kind of soup would you eat for dessert? Write a recipe for a dessert soup. Create a poster that explains your soup and what the ingredients are.

12 HEALTHY ATHLETE CHALLENGE

POINTS: 10

BERRY (OR FRUIT) BLINDFOLD

Pick out your favourite berries or fruit from your fridge. Have an older family member cut your fruit into small pieces and place them on a plate. Next step, blind fold yourself and race the clock. You have one minute to beat the clock to see how many fruits you can eat while blindfolded. Challenge yourself and use no hands or play against a partner.

13 HEALTHY ATHLETE CHALLENGE

POINTS: 10

VEGGIE STAMP PIZZA

Create your pizza crust by drawing a slice or full pizza on a piece of paper. Go into your fridge and pick out your favourite vegetables that you would put on your pizza! Get an older family member to cut pieces of the vegetables off. Dip them in paint or ink and decorate your pizza with veggie stamps! Create the ultimate masterpiece of pizza!



14 HEALTHY ATHLETE CHALLENGE

POINTS: 10

HEALTHY FOOD BUILDING

Go into your kitchen and pick out 10 of your favourite healthy foods. Try to build your ultimate building or tower out of them. Challenge yourself and try to make city skyline.



15 DAILY MEGA-CHALLENGE

POINTS: 50

FAMILY TALENT SHOW

Organize a talent show for your family and put everyone's secret or not-so-secret talents on display! You can make it as simple or elaborate as you'd like but encourage all your family members to participate! You can create a stage, add music, or dress up in costume!

DAY 27 CHALLENGES

1 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

POGO HOP

Set the timer for 5 minutes. For the first 2 minutes, hop on your left foot. For the next two minutes, hop on your right foot. Finish by hopping on both feet for a minute!

2 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

MUSIC WORKOUT

Put on your favourite song and create a workout to that song. Incorporate jumping jacks, running on the spot, burpees, arm lifts, or any other exercises you can think of.

3 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

LUNGE FOR THE WIN

Find the biggest room or space in your house (or even try it outside). Lunge across the space moving forward and then turn around and lunge back to your starting position. Count how many lunges you complete in total. Try to get to 50!



4 CREATIVITY CHALLENGE

POINTS: 10

JOURNAL WRITING - GENIE FOR A DAY!

If you could grant any three wishes to any one person, to whom would you grant them?

5 CREATIVITY CHALLENGE

POINTS: 10

FAMILY BRACELETS

Using items from around your household, create family bracelets! Make enough for the members of your family to wear, and try your best to use items which represent things about your family!

6

CREATIVITY CHALLENGE

POINTS: 10

PIGGY BANK PROJECT

Getting as creative as possible, find a household item which represents you that you can turn into a homemade piggy bank! For bonus points create multiple and have each represent a different coin for easy sorting!



7

KINDNESS CHALLENGE

POINTS: 10

SENIOR PEN PALS

Senior and retirement homes across the country are coming up with creative ways to keep their isolated residents connected to the outside world during this time. Many have started pen pal programs where you can write to a senior to keep their spirits up. Reach out to your local/regional senior homes and see if there is a pen pal program you can get involved in!

8

KINDNESS CHALLENGE

POINTS: 10

FREE COMPLIMENT FLYER

Everyone loves receiving a compliment and it is a great way to brighten someone's day. Try creating a Free Compliment Flyer to get you and your family started. Pass them out throughout the week and see how many smiles you can put on your loved one's faces!



9

BRAIN CHALLENGE

POINTS: 10

MATH TIME

Time for your daily math puzzle! Can you work it out? It's a tough one!

$$\text{😊} + \text{😬} = \text{😡} + 3$$

$$\text{😊} + 7 = \text{😡}$$

$$\text{😊} = \text{😬}$$

$$\text{😡} + \text{😬} - \text{😊} = ?$$

10

BRAIN CHALLENGE

POINTS: 10

DAILY RIDDLE

"Who can shave a dozen times a day but still have a beard?"

11

BRAIN CHALLENGE

POINTS: 10

CRITICAL THINKING CORNER

Which do you think is more important: motorized vehicles like cars and airplanes, or computers? Why? Create a poster that explains your answer and your reasons why.

12 HEALTHY ATHLETE CHALLENGE

POINTS: 10

FRUIT OR VEGGIE MOSAIC

Take some colourful construction paper or some old magazines and cut up it up into lots of small squares (2cm by 2cm). Try to find colours of fruits and vegetables like red for tomatoes, green for cucumbers or orange for oranges. Once you have lots of pieces of paper, you can start making your mosaics.



13 HEALTHY ATHLETE CHALLENGE

POINTS: 10

FIND YOUR ENERGY

Keeping your energy level high is difficult when you are stuck at home all day. Luckily a lot of fruits and vegetables give your body the energy it needs to function. Research which foods give your body the most energy. If you are feeling like you need an energy boost you can create a healthy snack with the food you researched.

14 HEALTHY ATHLETE CHALLENGE

POINTS: 10

BUILD YOUR PLATE

Having the proper portion sizes is very important in maintaining a healthy lifestyle. Play this interactive game (see link below) to learn how big your portions should be.

Game: <https://www.healthyeating.org/Healthy-Kids/Kids-Games-Activities/My-Plate-Match-Game>

My Plate Match Game
Build the plate by putting each food group shape in the correct spot.



15 DAILY MEGA-CHALLENGE

POINTS: 50

LIVING ROOM CAMPING

Since we can't go outside, bring the excitement of the great outdoors into your home! Pitch a tent in your living room to camp out in, turn off the lights and use flashlights, cook hot dogs and smores and tell your favourite ghost stories!



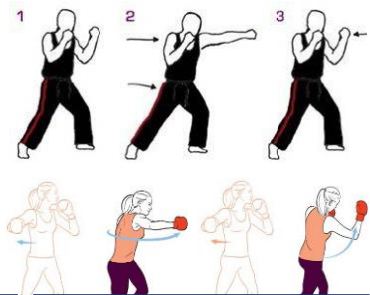
DAY 28 CHALLENGES

1 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

PILLOW FIGHT

Grab a pillow and rest it against something (or have a family member or friend hold it up). Pretend to be a boxer and jab the pillow like a punching bag. Try upper cuts and hooks, but be careful not to hurt yourself or others. Do every movement for 30 seconds, then rest for 30 seconds and try again.



2 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

PILLOW PUSH-UP

Grab your pillow - you're going to need it for this challenge! Put the pillow on the ground and get into a push-up position with the pillow in front on your face between your hands. You are going to do as many push-ups as you can, but they have a twist. You must go all the way to the floor and let yourself lay on the floor, chest to the ground and head on the pillow then push yourself back up to the plank position.

3 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

THE FLOOR IS LAVA!

Pretend the floor in your home is hot running lava! To get across it safely you'll need to gather up as many pillows as you can find to use as stepping stones. Create a pathway to make it safely across your floor as far as you can! Switch up paths or time yourself to see how fast you can make it across!

4 CREATIVITY CHALLENGE

POINTS: 10

7TH INNING STRETCH REMIX

Listen to "OK Blue Jays" which is played during the 7th inning of every Blue Jays home game. Use this as inspiration to create your own lyrics and melody for a new song

5 CREATIVITY CHALLENGE

POINTS: 10

PERSONAL PENNANT

Create your very own pennant to hang in your room. For bonus points, have one created for each of your family members and hang them around your house!



6 CREATIVITY CHALLENGE

POINTS: 10

WORLD SERIES CHAMP

You were named MVP of the World Series. Your team was down by 5 runs at one point, and rallied back to win the game, after your dugout pep-talk! The media want to know what you said to your team in that moment to bring a positive energy back to your team. Write down and perform your motivational speech that you delivered to your team, so the media can put it on the front page of their newspapers. Highlight or underline words that you feel are the most powerful or the most impactful on your team.

7 KINDNESS CHALLENGE

POINTS: 10

PLAY WITH YOUR PET

Pets deserve acts of kindness too! Try taking your dog for a walk, feeding you cat or telling a joke to your fish. It is important we don't forget to show our furry friends kindness too! If you don't have a pet draw what your dream pet would be and note three ways you would show it kindness!

8 KINDNESS CHALLENGE

POINTS: 10

HAPPY SOCKS

Do you have an old or hardly worn pair of socks lying around somewhere? Give them a new life of colour and decoration by transforming them into something fun and silly to wear. Dress them up as best as you can, however you like, just try not to make the others too jealous of your sweet new pair or socks.

9 BRAIN CHALLENGE

POINTS: 10

MATH TIME

Can you correctly answer today's math puzzle?

$$\begin{aligned} \text{🐸} \times \text{🐸} &= 0 \\ \text{🐸} + \text{🐸} &= 7 \\ 14 - 3 \times 3 &= \text{🐢} \\ \text{🐸} + \text{🐸} + \text{🐢} &= ? \end{aligned}$$

10 BRAIN CHALLENGE

POINTS: 10

DAILY RIDDLE

When was the last year, that when written down, looked the same upside down and right side up?

11 BRAIN CHALLENGE

POINTS: 10

CRITICAL THINKING CORNER

If you could choose one thing that costs money and make it free for everyone forever, what thing would you choose? Why? Create a poster that explains what you would pick and why!

12 HEALTHY ATHLETE CHALLENGE

POINTS: 10

HEALTHY EATING TAG

Tag! You're it! This isn't your ordinary game of tag. In this version you get to eat! Make a healthy snack and take a picture of you eating it. Send the picture to a friend or family member to tag them. Have them make a healthy snack and tag someone else to keep the game going! Watch out though, once you tag someone else, you are then able to get tagged again!

13 HEALTHY ATHLETE CHALLENGE

POINTS: 10

HEALTHY TRIVIA

Did someone say trivia? What a fun way to learn and play at the same time! Create 10 trivia questions with about healthy foods. Host a trivia night with everyone in your household to share all your great knowledge.

14 HEALTHY ATHLETE CHALLENGE

POINTS: 10

SPRING AROUND THE BLOCK CHALLENGE!

Take a walk with your family around your block. On your walk, make a list of everything you see that is the colour GREEN. How many things did you see?

15 DAILY MEGA-CHALLENGE

POINTS: 50

CARDBOARD BASEBALL KIT (BAT, BALL, GLOVE)

Create your dream baseball kit out of recycled materials around the house. We want to see your best cardboard bat, glove and uniform! Colour and decorate them how you desire and strike a pose in your kit for us to see!



DAY 29 CHALLENGES

1 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

TIME TRIAL

It's a race against time! Find somewhere to put your finish line and try these different ways to race against time!

- Crab walk
- Bear crawl
- Bunny hop

2 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

PILLOW TARGET TOSS

Place pillows in different areas around the room. Use them for targets and practice your aim! Now take some rolled up socks and start throwing!

3 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

SQUAT CHALLENGE!

How many squats can you do in 1 minute? Challenge yourself and see how many you can do! Send Jays Care a video of you completing your squat challenge to earn your points!



4 CREATIVITY CHALLENGE

POINTS: 10

OUT OF THIS WORLD

You've been asked to join a space voyage to find a new planet for humanity to live on. After travelling many lightyears, you can finally see the new planet!! Your job is to draw what you see and show all the folks back on Earth the amazing view! Draw the landscapes that you see, and any moons the planet may have. Does it have volcanoes? Maybe some fresh water? Once you arrive on the planet, your job as a scientific explorer is to log all of your data from your time there. Note smells, sights or any signs of life that you may see. Your final assignment is to report back to Earth to let us know if this planet is safe to travel to and let us know the name of this newfound planet!

5

CREATIVITY CHALLENGE

POINTS: 10

BILINGUAL BASEBALL

As a world-renowned broadcaster for the Blue Jays, fans from all around the world want to you to help them know what is happening in the game they are watching! Your job is to record yourself making a baseball call using the following words in a language that isn't your first language!

- Home Run
- Diving Catch
- What a Hit!
- Going, Going, Gone!

6

CREATIVITY CHALLENGE

POINTS: 10

A MESSAGE TO INSPIRE THE BLUE JAYS

If you could say anything to the Blue Jays players right now to keep them motivated and inspired for when the upcoming season begins, what would you say to them?

7

KINDNESS CHALLENGE

POINTS: 10

BRAG BRACELETS – POSITIVE AFFIRMATION

You are awesome! You know it, I know it and your loved ones know it! Why not show off and spread around a little bit of your awesomeness by creating bracelets of all the positive things that make you, you?! Look at this photo to find inspiration for what your brag bracelet could look like.



8

KINDNESS CHALLENGE

POINTS: 10

PHOTO FRAMES FOR FAMILY MEMBERS

Create a photo frame for each one of your family members! Each frame could include their name, drawings of your favourite memories together and some thing that you love about them. Draw and cut out a square that is big enough to fit around each of their faces and take a photo of them smiling inside their unique frame!

9

BRAIN CHALLENGE

POINTS: 10

MATH TIME

Can you solve today's math puzzle? (Hint: Start with the best food - pizza!)

$$\text{🍔} \times \text{🍔} \times \text{🍔} = \text{🍕}$$

$$\text{🍕} \times \text{🍕} \times \text{🍕} = 27$$

$$\text{🍕} \times \text{🍔} \times \text{🍕} = 18$$

$$\text{🍕} + \text{🍔} + \text{🍕} = ?$$

10 BRAIN CHALLENGE

POINTS: 10

DAILY RIDDLE

“The more you take away, the bigger I get. What am I?”

11 BRAIN CHALLENGE

POINTS: 10

CRITICAL THINKING CORNER

If you could live in a tree house, would you? What are three advantages and three disadvantages to living in a tree house? Create a poster that explains your thoughts!

12 HEALTHY ATHLETE CHALLENGE

POINTS: 10

TAKE A DANCE BREAK!

Choose your favorite song, turn it up loud, and take a dance break for 2 minutes! How does your heart feel? Is it beating faster? If your heart is beating fast – that means you’ve just completed 2 minutes of exercise today!

13 HEALTHY ATHLETE CHALLENGE

POINTS: 10

MEAL MEMORY CHALLENGE!

Close your eyes and think about the best meal you’ve ever eaten. Now, draw a picture of this meal and choose 2 words you would use to describe your favorite meal.



14 HEALTHY ATHLETE CHALLENGE

POINTS: 10

GOOD FOOD GOOD MOOD CHALLENGE!

The food we eat can make us feel GREAT (like something healthy and yummy) or sometimes it can make us feel YUCKY (like when we eat too much candy). Think about the last piece of food you have eaten today. How did it make you feel?

On a piece of paper, write:

Today I ate a _____ and it made me feel _____, _____, and _____.

15 DAILY MEGA-CHALLENGE

POINTS: 50

FAMILY WALK-UPS

Help everyone start their day off right by introducing walk-up music for you and your family members wake up to, just like the Blue Jays do when they’re getting ready to bat! Start by collecting everyone’s favourite energizer song. You can set this song as their alarm clock or play it while you’re making breakfast. Playing this song will help someone feel ready to start their day.



DAY 30 CHALLENGES

1 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

PILLOW FORT FUN!

Create the coolest pillow fort you can think of! See how many pillows you can use to make your fort!

2 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

TIKTOK STAR!

Pretend you're a TikTok star - show us your moves! You can create your own dance or copy one of your favourites!

3 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

ACTIVITY JOURNAL

Create a journal and track all your activities for next week! Track whenever you complete a challenge, or whenever you're physically active.

4 CREATIVITY CHALLENGE

POINTS: 10

CREATE A NEW BLUE JAYS UNIFORM

The Blue Jays are looking for help designing a new alternate uniform and have come to you for your creative expertise! Design a new uniform for the Blue Jays using paper and markers!

5 CREATIVITY CHALLENGE

POINTS: 10

CREATE THE ULTIMATE BLUE JAYS FAN EXPERIENCE

Your task is to design the ultimate Blue Jays Fan Experience at Rogers Centre! What would the experience include? Tours, tickets, food, etc.

6

CREATIVITY CHALLENGE

POINTS: 10

A QUESTION FOR A BLUE JAYS PLAYER

If you could ask any current Blue Jays player one question, which player would you choose and what question would you ask them?

7

KINDNESS CHALLENGE

POINTS: 10

BUILD A MEMORY BOX

Decorate a shoe box or parcel package and place items or photos in it of some of your favourite memories or pastimes. Each item in the box should hold significant value and jog your memory of an activity or event that you want to remember forever. You could even place your ticket stub from your first Blue Jays game there for safe keeping!

8

KINDNESS CHALLENGE

POINTS: 10

WHEEL OF GOOD DEEDS

Are you in the mood to cheer someone up today, but you're not sure what you can do? Create a list of 10 good deeds that you can do while you're at home and let the wheel decide for you! Spin to land on a good deed or make things interesting by asking a family member to come up with a special good deed of their choice.



9

BRAIN CHALLENGE

POINTS: 10

MATH TIME

Can you answer today's math puzzle?

$$\begin{aligned} \text{🎷} \div \text{🎸} &= 1 \\ \text{🎹} \times \text{🎷} \times \text{🎹} &= 64 \\ \text{🎹} &= \text{🎷} \\ \text{🎸} + \text{🎹} + \text{🎷} &= ? \end{aligned}$$

10

BRAIN CHALLENGE

POINTS: 10

DAILY RIDDLE

"A word I know, six letters it contains, remove one letter and 12 remain, what is it?"

11

BRAIN CHALLENGE

POINTS: 10

CRITICAL THINKING CORNER

In a world with no colour, how would traffic lights work? Design a traffic system that does not rely on colours. Create a poster that explains your system!

12 HEALTHY ATHLETE CHALLENGE

POINTS: 10

RAINBOW POPSICLES

Summer's almost here so that means... popsicle season! Using fresh fruit, popsicle sticks (or spoon) and an ice tray, create rainbow popsicles!

1. Cut up your fruits into small pieces
2. Place the fruit into the ice tray,
3. Fill the squares with water
4. Place a popsicle stick in the middle
5. Place tray in the freezer
6. EAT YOUR POPSICLE!



13 HEALTHY ATHLETE CHALLENGE

POINTS: 10

READY, SET, GROCERY!

Creating a grocery list can help keep you organized and healthy! Create your very own grocery list, hang it up in the kitchen and continue to add to it when you finish your favourite foods! At the end of the week, make note of the price of each item to work on your math skills!

14 HEALTHY ATHLETE CHALLENGE

POINTS: 10

EGGSPLORER CHALLENGE

Did someone say EGGS!? Eggs are an egg-squisite source of protein and can be made all different ways! Change up the way you eat your eggs today and get egg-cited try something new! For egg-xample you could have your eggs fried, scrambled, boiled, poached, or as an omelet! Try your best to add different vegetables to your eggs to make them colourful and delicious!

15 DAILY MEGA-CHALLENGE

POINTS: 50

INDOOR MINI GOLF

Practice your mini putting by creating your own golf course and cutting target holes into a cardboard box. You can make each hole a different size and label the points according to difficulty. Challenge your family members to a game of mini golf!



DAY 31 CHALLENGES

1 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

CHAIR WORKOUT

Sitting on a chair with your feet on the ground:

- Perform 15 squats (standing up and sitting back down)
- Perform 20 mountain climbers
- Perform 10 Chair dips

Complete this challenge as many times as you can in 5 minutes.



2 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

HOMEMADE WORKOUT LADDER

Take a blanket or sheet and roll it up to make a long snake shape with it. Lay it on the ground in a straight line. This will act as your homemade workout ladder! Now you have to think of activities you can do with your new workout ladder. Here are some examples:

1. Steps - Step over the line, then step back moving down the line as you go, then come back.
2. Hops – hop over the line using both feet. Work your way down the line and back.
3. Shuffle - shuffle down the line and to the end and then back up the other side.

Now try doing these activities in a sequence and start adding your own!

3 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

THE 3-MINUTE PLATE CHALLENGE

All you need for this challenge is a plate and a timer/stopwatch (preferably a paper or plastic plate, or just a piece of paper)! Start the timer for 5 minutes and try to complete the following:

1. Standing up tall, holding the plate in both hands lift it above your head and back down as many times as you can.
2. Holding the plate in both hands, push/punch it out to the left and the right, taking a step as your push and then come back to center.
3. Perform a sit-up holding the plate. As you lay back, take the plate up and over your head.

4 CREATIVITY CHALLENGE

POINTS: 10

YOUR DREAM MUSIC FESTIVAL

You have been tasked to take the lead on organizing a virtual music festival. Who would you invite? How does your musician lineup look? Create a poster that advertises your music festival with all the acts, special events and details.

5 CREATIVITY CHALLENGE

POINTS: 10

PERFORM YOUR FAVOURITE SONG!

Perform your favourite song with friends or family members while still practicing social distancing. Celebrities are making it work virtually, so why can't you?



6 CREATIVITY CHALLENGE

POINTS: 10

EGG DROP CHALLENGE

Let's get those creative juices pumping! Gather bunch of materials like newspapers, popsicle sticks, glue or any other craft supplies. Your challenge is to build a protective casing that will protect an egg from breaking after it's thrown up in the air. Once you have created your protective casing for your egg, pop it inside and get ready to throw it! \

7 KINDNESS CHALLENGE

POINTS: 10

MOVING MESSAGE

Decorate your car window with an encouraging quote or message of thanks to frontline workers. When the car is taken out for a drive, this message will be visible for everyone to see!



8 KINDNESS CHALLENGE

POINTS: 10

STRONGER TOGETHER

On Sunday evening, Canada's biggest stars like Justin Bieber, Drake and Celine Dion came together for the Stronger Together campaign to raise money for food banks across the country. Create your own Stronger Together poster with designs of your choosing!










9

BRAIN CHALLENGE

POINTS: 10

MATH TIME

Can you find the value of each icon in the multiplication table?

	2	
	1	
	3	
		12
		

10

BRAIN CHALLENGE

POINTS: 10

DAILY RIDDLE

"I act like a cat, I look like a cat, yet I am not a cat. What am I?"

11

BRAIN CHALLENGE

POINTS: 10

CRITICAL THINKING CORNER

What are the 10 most important jobs in the world? Why are these jobs important? Do you want to do any of these jobs when you are an adult?

12

HEALTHY ATHLETE CHALLENGE

POINTS: 10

PLAY BACON BASES BASEBALL

This game helps you practice moving around just like if you were going around the bases on a baseball diamond, AND keeps everyone laughing! Make 4 bases (home plate, 1st base, 2nd base, 3rd base) out of flat items in your home (like pieces of paper or coasters). Athletes begin at home plate. As a parent/guardian, you will assign a food-related question to each base. For example:

- HOME PLATE: What is your favorite food?
- 1st BASE: What is your favorite vegetable?
- 2nd BASE: What is your favorite fruit?
- 3rd BASE: What is your favorite treat to have?

When the parent/guardian says GO, athlete(s) move around the bases and yell (or use ASL to sign) their answer to the question as loud as they can! For example, BACON! BROCCOLI! BANANA! CHOCOLATE! See how many times your athlete(s) can move around the bases in 1 minute!

13

HEALTHY ATHLETE CHALLENGE

POINTS: 10

HEALTHY SNACK ATTACK CHALLENGE

Write the days of the week on a piece of paper. Think about a healthy snack/food item or meal in your home that STARTS with the SAME LETTER as each day of the week and write it beside the day-of-the-week. For example: MONDAY – MANGO. Challenge yourself to eat that healthy snack/food item or meal on that day! For example, try a MANGO on MONDAY!

14 HEALTHY ATHLETE CHALLENGE

POINTS: 10

FOOD SUPERHERO CHALLENGE

Choose your favorite food and draw a picture of it as a superhero. Add eyes, a mouth, a superhero cape, or anything you'd like to make it SUPER! What kind of superpowers does your food superhero have?



15 DAILY MEGA-CHALLENGE

POINTS: 50

ALBUM COVER DESIGN

Bring back the CD's that we used to love to play on repeat before Spotify and Apple Music came along! Better yet, use an old or empty case to create your own album design! Using the theme of kindness, design your own album artwork that includes a photo and album title. Be as creative as you can when thinking about the song titles you want to include on the back of the CD – you can even make up your own titles that are inspired by some of your favourite songs and kindness activities.



DAY 32 CHALLENGES

1 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

UP IN THE AIR

Find a pair of socks or a soft ball (tennis, rubber, etc.) and head outside or to a place with a very HIGH ceiling. The challenge is to throw the item up in the air as high as you can and perform as many jumping jacks as possible before the item hits the ground. Record how many jumping jacks you can complete! Try to throw it higher at least 7 times.

2 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

STUFFED ANIMAL SAFARI

Take a look in your house and find up to 6 stuffed animals. Lay them out, spread around the room. Start with one of the animals and create an action that corresponds with the animal. Then use that action to travel to the next animal. When you get to the new animal create an action for it and repeat. Continue until you have gone through all of your animals with different actions.

3 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

SPIN THE BOTTLE

Grab a water bottle and place it on the floor in the centre of the room. Give the bottle a spin and wait until it stops. Whichever direction the bottle cap is pointing to, run and touch that wall and come back. Spin the bottle 8-10 times. **BONUS:** To make this activity more challenging, try completing 10 jumping jacks or sit ups at the wall before coming back to the bottle.

4 CREATIVITY CHALLENGE

POINTS: 10

NOT MY HANDS CHALLENGE

For this challenge you need a family member to stand behind you. You have to put your arms by your side, and then ask the family member to reach their hands forward. Their hands are now yours and you must act as one! Once you have the hang of it, it's time to try some everyday tasks like brushing your teeth or eating ice cream.



5 CREATIVITY CHALLENGE

POINTS: 10

DESIGN AN AT-HOME GAME SHOW!

Some of the top game show producers in the country are looking for your help! Your task is to create a fun and unique game show that can be played while participants are at home. Send us a description of your game show to earn points! Some things to consider are the rules of the game, how many contestants can play and what is the grand prize?

6 CREATIVITY CHALLENGE

POINTS: 10

WELCOME TO BLUEJAYSVILLE!

Imagine that BlueJaysVille is a new up and coming town that is the dream destination to visit for all Blue Jays fans! Design a list of the 5 most notable attractions that make BlueJaysVille the amazing place that it is! Some landmarks to consider include hotels/resorts, parks, restaurants, important monuments and anything else you can think of! Create an image or map of your BlueJaysVille to earn your points.

7 KINDNESS CHALLENGE

POINTS: 10

KINDNESS COOTIE CATCHER

Create your very own cootie catcher with these photo-instructions. Use numbers, letters, colours, or pictures to guide others on a cootie catcher journey that will leave them with one final outcome. Each final outcome should be an act of kindness of your choosing! Take a photo of your cootie catcher to collect your points!



8 KINDNESS CHALLENGE

POINTS: 10

GAME TIME INVENTORS

Showing kindness could mean spending quality time with your loved ones. Put your imaginations together to make up your very own board game using 5 different household items. YOU are the creators in charge of making the rules of the game including how to decide the winner. (P.S.: Game winners must complete one act of kindness!)











9 BRAIN CHALLENGE

POINTS: 10

MATH TIME

Can you find the value of each item in the multiplication table?

Find the value of each icon in the multiplication table below:

			
		6	8
	6	9	12
	8	12	16
			

10 BRAIN CHALLENGE

POINTS: 10

DAILY RIDDLE

“Which weighs more: a pound of feathers or a pound of bricks?”

11 BRAIN CHALLENGE

POINTS: 10

CRITICAL THINKING CORNER

If you could invent a new subject that would be taught to all children in school, what would the subject be? Why do you think children need to learn about your subject? Create a poster that explains your subject to earn your points!

12 HEALTHY ATHLETE CHALLENGE

POINTS: 10

CELERY EXPERIMENT

Did you know that celery is 95% water? Fill half of a drinking cup with water. Squirt some of your favourite coloured food colouring into the water until it is at a desired colour. Stir the water with a celery stick. Leave the celery stick in the water overnight and see what happens!

13 HEALTHY ATHLETE CHALLENGE

POINTS: 10

RAINBOW SKEWERS

April showers brings May flowers. Did you know rainbows form from light passing through raindrops? Build you own rainbow using healthy fruits. Pick out a fruit for every colour of the rainbow. Place them on a skewer and enjoy them as a nice healthy snack!



14 HEALTHY ATHLETE CHALLENGE

POINTS: 10

EDIBLE PALM TREES

Wouldn't it be nice to be laying out on a beach right now? Hearing the ocean's waves while you lay shaded by palm trees? Although we can't lay on the beach, we can bring the palm trees to us! Using healthy foods such as bananas and apples, create your very own palm tree. Here are some examples of different palm trees you can create!



WATER XYLOPHONE

Learn how to play 'Take Me Out to the Ball Game' or another one of your favourite sing-a-long songs using a water Xylophone. Before you start, make sure to ask an adult for some help with this activity. Fill 4-6 glasses with different amounts of water and gently tap each one with a spoon to hear how the sound travels differently through each glass. You can also add a drop of food colouring to each glass to help them stand out.



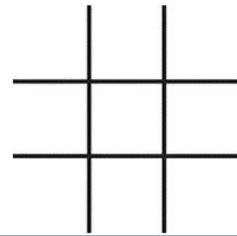
DAY 33 CHALLENGES

1 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

TIC TAC TOE FITNESS

Grab a family member to play along with you and create a Tic Tac Toe board on a piece of paper like this: If you are X's, you are performing jumping jacks and if you are O's, you are performing squats. Each time you take your turn in Tic Tac Toe, perform 5 moves before putting your X or O on the board.



2 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

WALL BALL

Find a wall inside your home or a wall outside and practice your fielding! Find a ball (sponge or soft if you're inside) and bounce it off the wall to practice your fielding skills! See how many times you can field the ball in a row!

3 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

JUMPING JACK JIVE

Put on your favourite song and see how many jumping jacks you can do! Take breaks when you need them but see if you can do it all the way to the end!

4 CREATIVITY CHALLENGE

POINTS: 10

THE ULTIMATE ICE CREAM SUNDAE

The Blue Jays are looking for the tastiest ice cream sundae that they can enjoy after a winning a game on a long hot summer day. They are hoping that you can use your expertise in suggesting the most incredible ice cream sundae they have ever tried. What toppings do you recommend and how is it best served? Points will be awarded for the most unique and mouthwatering sundae recipes!

5

CREATIVITY CHALLENGE

POINTS: 10

CREATE A BLUE JAYS NAME PLATE

The clubhouse is an important place for the Blue Jays. It is where they get ready for games and mentally prepare to play baseball in front of thousands of fans. The players are hoping that when the season begins, they will have a new name plate on top of each of their lockers. Can you design a name plate that will make your favourite Blue Jays player feel right at home?



6

CREATIVITY CHALLENGE

POINTS: 10

SPY SPECS

Imagine that BlueJaysVille is a new up and coming town that is the dream destination to visit for all Blue Jays fans! Design a list of the 5 most notable attractions that make BlueJaysVille the amazing place that it is! Some landmarks to consider include hotels/resorts, parks, restaurants, important monuments and anything else you can think of! Create an image or map of your BlueJaysVille to earn your points.



7

KINDNESS CHALLENGE

POINTS: 10

HAPPY FACE MASKS

Did you know that smiles are contagious? If you smile at someone, it is super likely that they will smile right back! Craft a positive emoji mask that you can use to brighten up someone's day. Choose your favourite design and once your construction paper cut-out is complete, tape it to a popsicle stick or pencil to hold it up for others to see.



8

KINDNESS CHALLENGE

POINTS: 10

HOLD GRATITUDE CIRCLES AT DINNER

Dinner is the perfect time to get the family together and check-in with each other. Host a gratitude circle at your next dinner and see what your family is thankful for during this period of isolation. It is sure to brighten everyone's spirit and is a great reminder to take the time to appreciate the little things in life. Make sure to take a picture of your family all together to get your points!

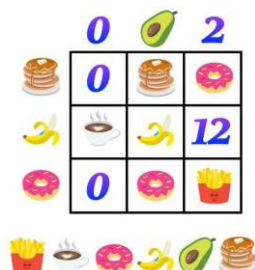
9

BRAIN CHALLENGE

POINTS: 10

MATH TIME

Can you find the value of each item in the multiplication table?



10 BRAIN CHALLENGE

POINTS: 10

DAILY RIDDLE

“What begins with T, finishes with T, and has T in it?”

11 BRAIN CHALLENGE

POINTS: 10

CRITICAL THINKING CORNER

If you could talk to trees, what do you think they might say? Create a conversation between you and a tree. Create a poster that explains your tree conversation to earn your points!

12 HEALTHY ATHLETE CHALLENGE

POINTS: 10

BRAIN MOTIVATION

Jays Care challenges you to read one chapter or one short story each day. Since your brain is a muscle it needs to be stretched and active every single day!

13 HEALTHY ATHLETE CHALLENGE

POINTS: 10

GROCERY SCAVENGER HUNT

Step 1: Go into your pantry/cupboard and find healthy snacks.

Step 2: Challenge someone in your house to go on a scavenger hunt.

Step 3: Hide the healthy snacks you picked out around your home and challenge the other person to find them

Step 4: Switch turns once your partner is done finding all of them.

Step 5: Challenge yourself by adding more healthy snacks or time yourselves to see if you can beat your time!

14 HEALTHY ATHLETE CHALLENGE

POINTS: 10

WATERMELON PIZZA

Do you love pizza so much you want to eat it for breakfast? Here is a way that you can! Take a slice of watermelon to use as your crust and use your favourite flavour of yogurt as your sauce. Then use your favourite fruit as toppings. This way you can eat pizza for breakfast.



ICE CREAM IN A BAG

Yes, you read that correctly!

Step 1: Pour one cup of half and half or whole milk into a small Ziploc bag

Step 2: add 2 teaspoons of vanilla extract and 1 tablespoon of sugar. Seal the bag and get out any excess air

Step 3: In a larger Ziploc bag, fill it with some ice and 1/2 cup of salt

Step 4: Place smaller bag into large Ziploc bag and seal tightly

Step 5: Shake for about 7 minutes and enjoy with a spoon!



DAY 34 CHALLENGES

1 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

CIRCUIT CHALLENGE

Complete this circuit 3 times!

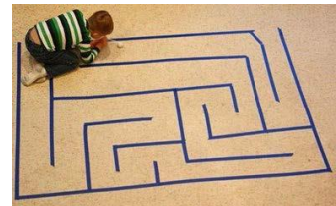
1. 10 squats
2. 10 arm punches (each arm!)
3. 10 jumping jacks
4. 5 burpees
5. 10 high knees (each leg)
6. Bear Crawl to a nearby object 5 times
7. Reach for the sky for 15 seconds
8. Touch your toes
(or as close as you can get 5 times)

2 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

A-MAZE-ING RACE!

Create your own maze using items from your home. These can be things like pillows and blankets or even tape on the floor! Get an item you can roll and push it through the maze! If you have someone else at home, challenge them to complete your maze!



3 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

SHAPE TARGET TOSS!

Make different shapes on the ground using tape, toys, or anything you can find. Make your shapes all different sizes and distances from where you plan to throw from. Assign each shape a different amount of points. Now grab something to throw, like a pair of rolled up socks, and try to land them in the shapes and see how many points you can rack up in 10 throws!

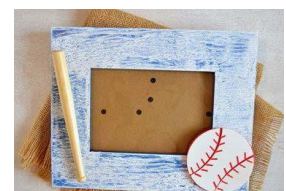


4 CREATIVITY CHALLENGE

POINTS: 10

DIY BASEBALL PICTURE FRAME

Using materials at home create a baseball picture frame or any frame to gift someone in your family. This could be a perfect gift for the many holidays or birthdays coming up.



5 CREATIVITY CHALLENGE

POINTS: 10

BUILD YOUR OWN GLOVE

Using a piece of cardboard create a baseball glove at home. This glove will help you work on fielding fundamentals and always using both hands! Start to customize it making it you own designs and adding details!



6 CREATIVITY CHALLENGE

POINTS: 10

\$15 TO BUILD YOUR...

Think of a topic like your dream cars, favourite meals, movie characters, or outfits etc., and come up with as many examples as you can for that topic. Now start sorting those examples into order from most important, or coolest (in your opinion), to least. Now set each level a price like the example below. Now give your family their \$15 and tell them to spend wisely!



7 KINDNESS CHALLENGE

POINTS: 10

SING, SING & SING!

Scientists say that singing can help tame stress within individuals but also lift the spirits of those around them. So why not try singing a happy song for your friends, family or neighbours? Go curbside caroling with your family, create a music video and share far and wide, sing from your window like the Italians, or simply sing along to the radio. However you choose to sing, share it with the world for all to enjoy to earn your points!

8 KINDNESS CHALLENGE

POINTS: 10

POSITIVITY POEM

During this time, many of your friends and family may be feeling the same type of uncertainty as you. To reassure them, try writing a positivity poem that can help remind them to stay positive and hopeful.

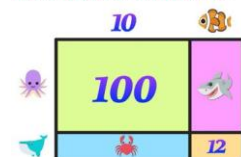
9 BRAIN CHALLENGE

POINTS: 10

MATH TIME

Can you find the value of each item if the diagram represents the value of 182?

If the multiplication diagram below represents the value 182, find the value of each emoji.



10 BRAIN CHALLENGE

POINTS: 10

DAILY RIDDLE

“I have a thousand needles but I do not sew. What am I?”

11 BRAIN CHALLENGE

POINTS: 10

CRITICAL THINKING CORNER

Are you more like a river, a lake, an ocean, or a waterfall? Why?

12 HEALTHY ATHLETE CHALLENGE

POINTS: 10

COOL DOWN SNACK

Now that the weather is getting warmer out, you may need something frozen to cool you down. These Yogurt Bites are the perfect solution! Here are some steps that you can take to make this yummy snack:

- Step 1 – Use a muffin tray and put cupcake liners in them.
- Step 2 – Put a scoop of your favourite kind of yogurt in each cupcake liner.
- Step 3 – Add your favourite fruit on top of the yogurt.
- Step 4 – Place in the freezer until frozen.
- Step 5 – Eat!



13 HEALTHY ATHLETE CHALLENGE

POINTS: 10

PEARLY WHITES FLOSSING CHALLENGE

Keeping your teeth clean and strong is so important for your health! Your teeth not only provide you with a beautiful smile, but they also help you break up the food you eat to be digested easier! You have been challenged to floss your teeth every night before bed for 5 nights in a row! To make flossing more fun, put on your favourite song and floss your teeth until the song is over!

14 HEALTHY ATHLETE CHALLENGE

POINTS: 10

GET YOUR SUSHI ON

Do you love the thoughts of sushi but don't want to eat raw fish? Here is the perfect solution! You can hollow out a cucumber and use that as the roll and then stuff it with your favourite healthy snacks. For example, you could add carrots, ham, and cheese in the middle of your sushi role.



BUILD A BAND

Start a family band by crafting some awesome homemade musical instruments. Use recycled materials you can find around your house to create tin can drums, paper plate tambourines or a cereal box guitar!



DAY 35 CHALLENGES

1 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

TIME TRIAL SCAVENGER HUNT!

How fast can you find these items in your home? Time yourself and see!

1. Something you can eat
2. Something soft
3. Something that makes you smile
4. Something with your favourite colour on it
5. Something tough
6. Something you play with
7. Something you wear
8. Something that comes in a pair
9. Something from your room
10. Something you can read

BONUS: Wear your Blue Jays gear to complete this challenge OR use something Blue Jays to help complete your scavenger hunt!

2 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

SKIP, HOP, JUMP!

Complete the challenge and see how many skips you can do in 30 seconds, how many hops then how many jumps! Write down how many you completed for each and then try to beat it next time!

3 PHYSICAL ACTIVITY CHALLENGE

POINTS: 10

PICK A WINNER!

Gather some sheets of paper and a pen. Cut them up into strips and write an exercise or stretch on each one. Place the strips in a bowl or cup and shuffle them around. Pick 5 exercises to perform each day!

4 CREATIVITY CHALLENGE

POINTS: 10

DEEP BLUE SEA

Imagine you're a scuba diver and your home is the bottom of the sea! Practice your swimming under water and take us on a tour of all the underwater place in your home and see what creatures you can find!

CREATE A PET



Have you always wanted a pet, but your family said no? Well now is your chance to create all the pets your heart desires! Use recycled materials to construct a number of furry friends to have around the home.

