



CRAFTS AND ACTIVITIES



SUPERHERO CHALLENGE

15 POINTS

Write a story about an unstoppable superhero who saves the world. Create a title page and draw pictures to go along with it.

To earn your points, send a picture of your story or a video of you reading it!

JERSEY DESIGN

5 POINTS

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

Design your dream jersey and include your favourite colours, icons, and team name.

Send a picture of your jersey to earn points!

TIME CAPSULE

10 POINTS

Remembering times like these is important to appreciate what we have. Create a time capsule by collecting keep-sakes and storing them in a box. You can include letters to yourself, pictures of your family, your favourites toys or anything you want.

Put the box somewhere you will find it the years to come (in your attic, bury it in your backyard, in your parents/guardians' closet etc).

Send a picture of your time capsule to earn your points.

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

ENGINEERING CHALLENGE

5 POINTS

We challenge you to build your own CN Tower! To make your CN Tower you can use any recycling, paper products or craft supplies you can find in your home.

Once your tower is built, send a picture to earn your points. More points if you can make it reach the ceiling!

BUILD – A – FORT: FIT THE FAMILY

10 POINTS

Using the materials that are available inside your home, build a fort that can fit all family members living within your home.

If you can get everyone inside, take a picture and send it to us for more points!

Send a photo or video of your fort in action to earn your points.

FINISH THE PICTURE

10 POINTS

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.

Send it in to earn your points!



FAMILY COLLAGE

10 POINTS

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

Send a photo of your collage to earn your points.

UNSTOPPABLE ME

5 POINTS

Draw a portrait of yourself as a superhero, explain what your powers are and how you will change the world.

Send a photo of your superhero to earn your points.

WHAT MAKES YOU UNIQUE?

5 POINTS

Use household items to spell out the one word that best describes your uniqueness (i.e. Empathetic, Intelligent, Athletic, Kind etc).

Send a photo of your word to earn your points.

POSTER OF HOPE

10 POINTS

Create a poster with an inspirational message that you can hang in your house, apartment or building that will brighten someone's day (i.e. everyday is a new opportunity).

Send a photo of your final poster to earn your points.

COMIC STRIP CHALLENGE

10 POINTS

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.

Send a photo of your comic strip to earn your points.

BAKING CHALLENGE

20 POINTS

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

Take a photo of yourself with your baked goods and send it to earn your points.

DESIGNER CHALLENGE

20 POINTS

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.

Take a picture of your creative design and send it to earn your points.

EGG DROP

5 POINTS

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).

Send a picture of the egg in its case to earn your points.

SAFARI

15 POINTS

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.

Send a picture of your safari to earn your points.

DREAM BOARD

5 POINTS

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.

Send an image of your dream board to earn your points.



ROCK BAND

15 POINTS

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.

Send a picture or video of your band in action to earn your points.

BOAT MAKER

10 POINTS

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!

Once it's met max capacity, take a picture and send it so you can earn your points.

EMOJI CHALLENGE

5 POINTS

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.

Send a picture of your emoji to earn your points!

DESIGNER CHALLENGE

10 POINTS

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.

Send us a photo of you and your rock garden to earn points.

PAPER AIRPLANE CHALLENGE

5 POINTS

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!

Send a photo or video of your completed projects to earn points.

CARD TOWER CHALLENGE

5 POINTS

Great minds are able to focus – and that’s exactly what you need to do in this challenge. Build a card tower that is at least 4 levels high.

Take a photo of you with your creation to earn your points.



GRATITUDE LIST

5 POINTS

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.

Send a photo of your gratitude list to earn your points.

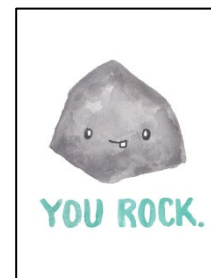
YOU ROCK CARD

10 POINTS

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.

Send a photo of your gift before you give it away to earn your points.



HOMEMADE PUZZLE

5 POINTS

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.

Send a picture of your puzzle to earn your points.

AWARDS CEREMONY

10 POINTS

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.

Take a photo of all recipients holding their awards and send it to earn your points.

CARDBOARD MAZE

5 POINTS

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!

Send a picture of your letter to earn your points!

A LETTER TO YOUR FANS

5 POINTS

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!

Send a picture of your letter to earn your points!

RESTAURANT MENU

10 POINTS

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.

Send a picture of your menu to earn your points.

CREATING A NEW SPORT

10 POINTS

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!

Send a picture of your new sport in action to earn your points.

KINDNESS BRACELETS

15 POINTS

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.

Send a photo of you crafting your friendship bracelets in order to earn points!

CUP OF KINDNESS

5 POINTS

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.

Remember to send in a photo of your letter and tea to earn your points!

KINDNESS ROCKS

20 POINTS

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!

However, don't forget to take a picture of your rock and send it before you hide it!



WELCOME TO 2040

5 POINTS

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!

Send a picture of the 2040 you to earn your points!

BOOKMARK BUDDY

10 POINTS

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 earn your points!

3. Give your bookmark buddy to your book loving friend or family member to enjoy!

BUCKET CHALLENGE

5 POINTS

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 uses 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.

Send a photo of your filled kindness bucket to earn points!

PERSONAL PENNANT

10 POINTS

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!



Send Jays Care a picture of your pennants to earn your points.

JOKE STAND

5 POINTS

Imagine the Joke Stall like a lemonade stand, only instead it's your one stop shop for knock-knock jokes! Set up a space in front of where you live and prepare some of your favourite jokes by writing them down on a piece of paper. When someone walks by your house and visits your joke stall from a distance, tell them a joke!

This will be sure to brighten someone's mood and keep them laughing and smiling.

Send a photo of you in your joke stall to earn your points!

BAKE FOR A NEIGHBOR

20 POINTS

The next time you bake some muffins, bread, or cookies, make sure to make some extra and bring it over to a neighbour! Wrap them up nice and leave a note letting them know that you are thinking of them during this time. It is sure to put a smile on their face!

Send a picture of your baked goods to earn your points!

DESSERT ISLAND

25 POINTS

Not your typical island! You own an island that ships always seem to become shipwrecked near! Since all of the people on the ship come to your island to survive, you've decided to open up a dessert shop to keep them happy while they wait for rescue! Create a menu of different island themed desserts that your guests can enjoy while you call for help!

Send a picture drawn out of one of your delicious desserts to earn your points.

THE STOP SIGN

5 POINTS

Did you know that stop signs originated in Michigan in 1915? The first ones had black lettering on a white background and were 24 by 24 inches (61 cm x 61 cm), which is smaller than the current sign. We think it's time for a new design!

Recreate a new stop sign and send a picture to earn your points!

REPRESENTING YOUR COMMUNITY

10 POINTS

Did you know that every community / city in Canada has its own flag? It's time to recreate yours! Search up the flag of your city on the Internet and make a new one.

Take a picture of your new city flag and send it in to earn your points!

SILLY PHOTO CHALLENGE

15 POINTS

Bust out some old Halloween costumes, fool around with makeup and dress yourself up to create the ultimate silly photo. Send it to someone to brighten up their day and encourage them to pass on the silly photo challenge to someone new.

Send a photo of your silly costume to earn points!

CAMPING AT HOME

5 POINTS

Using household items create a campsite at home! Pretend you are in the outdoors and see if there are any traditional camping activities that you can recreate indoors. For extra points sleep at your campsite overnight.

Send a picture of your camping setup to earn points!

AMAZEMENT PARK

15 POINTS

Amusement parks can be fun... but have you ever heard of an AMAZEMENT PARK? Your job is to come up with the most amazing park you can think of for tourists from all over the world to visit. Think about what attractions you may have and what other activities your guests will do for fun. You can draw your park or use supplies around your house to create a sample.

Submit a photo of your Amazement Park to earn points!

UNDERCOVER SMILE MASK

10 POINTS

Now that covering our faces is widely recommended, we invite you to make a facemask for yourself or your family members and put a smile on it! This is an easy and fun way to stay safe and add a little dose of happy for all to see.

Take a picture with your facemask and send it in to earn points!