



KINDNESS CHALLENGE

**YOU HAVE BEEN
CHALLENGED TO EAT
LUNCH WITH SOMEONE
NEW TODAY!**



CHALLENGER
BASEBALL
CANADA





KINDNESS CHALLENGE

**START A KINDNESS CHAIN! ADD A
LINK TO THE CHAIN FOR
EVERY RANDOM ACT OF
KINDNESS YOU WITNESS OR DO!**

**(MATERIALS: CONSTRUCTION PAPER,
SCISSORS, MARKERS, GLUE STICK)**



CHALLENGER
BASEBALL
CANADA





KINDNESS CHALLENGE

**PLACE POSITIVE NOTES
OR QUOTES AROUND
THE SCHOOL THAT WILL
MAKE SOMEONE SMILE
TODAY!**



CHALLENGER
BASEBALL
CANADA





KINDNESS CHALLENGE

COMPLIMENT

3

PEOPLE TODAY!



CHALLENGER
BASEBALL
CANADA





KINDNESS CHALLENGE

**COLLECT NON-
PERISHABLE FOOD ITEMS
AND DONATE THEM TO A
LOCAL FOOD BANK OR
ANIMAL SHELTER**

(DOG/CAT FOOD)



CHALLENGER
BASEBALL
CANADA





KINDNESS CHALLENGE

**WRITE A KIND NOTE OR
DRAW A NICE PICTURE
FOR A FRIEND/SUPPORT
WORKER/TEACHER!**



CHALLENGER
BASEBALL
CANADA





KINDNESS CHALLENGE

**BE KIND TO THE EARTH
TODAY BY PICKING UP
GARBAGE AROUND
YOUR SCHOOL!**



**CHALLENGER
BASEBALL**
CANADA





KINDNESS CHALLENGE

**WRITE A LETTER OR DRAW
A PICTURE TO THANK YOUR
LOCAL POLICE, EMS OR
FIREFIGHTERS FOR ALL THE
WORK THEY DO IN YOUR
COMMUNITY!**



CHALLENGER
BASEBALL
CANADA





KINDNESS CHALLENGE

**PAINT KINDNESS STONES
AND LEAVE THEM AROUND
THE PLAYGROUND FOR
OTHERS TO FIND!**

**(MATERIALS: STONES, PAINT,
PAINTBRUSHES)**



**CHALLENGER
BASEBALL**
CANADA





KINDNESS CHALLENGE

**YOU HAVE BEEN
CHALLENGED TO SMILE
AT EVERYONE YOU PASS
TODAY!**



**CHALLENGER
BASEBALL**
CANADA





KINDNESS CHALLENGE

**YOU'RE AMAZING! DRAW
A PICTURE OF THREE
REASONS WHY YOU ARE
PROUD OF YOURSELF!**



CHALLENGER
BASEBALL
CANADA





KINDNESS CHALLENGE

**CONNECTION
CHALLENGE! ASK
SOMEONE ABOUT THEIR
DAY TODAY! FIND A WAY
TO MAKE THEIR DAY
EVEN BETTER!**



CHALLENGER
BASEBALL
CANADA





KINDNESS CHALLENGE





CHALLENGER
BASEBALL
CANADA



JAYS CARE
FOUNDATION





KINDNESS CHALLENGE





CHALLENGER
BASEBALL
CANADA



JAYS CARE
FOUNDATION





KINDNESS CHALLENGE





CHALLENGER
BASEBALL
CANADA



The image features a green square background with a white border. Inside the square, the word "Sobeys" is written in a white, bold, sans-serif font. Below it, the tagline "Better food for all." is written in a white, cursive script font. The entire graphic is centered on a white background with faint black corner marks.

Sobeys

Better food for all.

sobeys HEALTHY ATHLETE CHALLENGE

SOBEYS FUN FACT OF THE MONTH:

DID YOU KNOW THAT APPLES ARE MADE UP OF 25% AIR WHICH IS WHY THEY FLOAT? TRY IT OUT!

**BAKE HEALTHY COOKIES AS
A CLASS FOR YOUR SCHOOL
ADMINISTRATORS,
TEACHERS AND SUPPORT
WORKERS TO THANK THEM
FOR ALL THEY DO!**

The image features the Sobeys logo and tagline centered on a green background. The logo is in a white, bold, sans-serif font, and the tagline is in a white, cursive script font. The entire graphic is enclosed in a white border, which is itself set within a larger green square. There are small black tick marks at the corners of the green square, suggesting it's a design template.

Sobeys

Better food for all.

sobeys HEALTHY ATHLETE CHALLENGE

SOBEYS FUN FACT OF THE MONTH:
DID YOU KNOW THAT AVOCADO'S HAVE THE
HIGHEST PROTEIN CONTENT OF ALL FRUIT!

**DRAW A PICTURE
OF YOUR
5 FAVOURITE
HEALTHY FOODS!**

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sobeys HEALTHY ATHLETE CHALLENGE

SOBEYS FUN FACT OF THE MONTH:
DID YOU KNOW THAT CABBAGE IS MADE
UP OF 91% WATER?

**SAY YES TO H2O!
CHALLENGE YOURSELF
TO DRINK 8 GLASSES OF
WATER TODAY!**

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sobeys HEALTHY ATHLETE CHALLENGE

SOBEYS FUN FACT OF THE MONTH:
DID YOU KNOW THAT HONEY IS THE
ONLY EDIBLE FOOD THAT NEVER GOES BAD!

**CAN YOU BE A VEGGIE
INVESTIGATOR? FROM A
COLLECTION OF VEGETABLES,
CHOOSE 2 VEGGIES AND DRAW
WHAT YOU SEE, SMELL, TASTE
AND HEAR!**

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sobeys HEALTHY ATHLETE CHALLENGE

SOBEYS FUN FACT OF THE MONTH:
DID YOU KNOW THAT CHERRIES ARE A
MEMBER OF THE ROSE FAMILY?

**SMOOTHIE DAY! EVERY
STUDENT IS RESPONSIBLE
FOR BRINGING IN ONE CUP
OF FRUIT TO BELND WITH
YOGURT, BABY SPINACH
AND MORE!**

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Sobeys

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sobeys HEALTHY ATHLETE CHALLENGE

SOBEYS FUN FACT OF THE MONTH:
DID YOU KNOW THAT STRAWBERRIES ARE THE
ONLY FRUIT THAT HAVE ITS SEEDS
ON ITS OUTER SKIN?

**HEALTHY FOOD ARTIST
CHALLENGE! USE A VARIETY
OF HEALTHY FOODS TO
CREATE A PICTURE! MAKE
SURE TO EAT YOUR
CREATION ONCE YOUR
MASTERPIECE IS FINISHED!**

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Sobeys

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sobeys HEALTHY ATHLETE CHALLENGE

SOBEYS FUN FACT OF THE MONTH:
DID YOU KNOW THAT THERE ARE CLOSE TO
10,000 VARIETIES OF APPLES!?

**HAVE A HEALTHY PICNIC
OR POTLUCK AS A
CLASS! EVERYONE IS
RESPONSIBLE FOR
BRINGING IN ONE HEALTHY
SNACK FOR EVERYONE
TO EAT!**

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sobeys HEALTHY ATHLETE CHALLENGE

SOBEYS FUN FACT OF THE MONTH:

DID YOU KNOW THAT CRANBERRIES BOUNCE
LIKE A RUBBER BALL WHEN THEY ARE RIPE
(LET'S MAYBE TRY THIS OUTSIDE!)

**HEALTHY FRUIT PIZZAS!
TRY CREATING YOUR OWN
FRUIT PIZZA BY USING A
WHOLE GRAIN ENGLISH
MUFFIN, YOGURT AND A
VARIETY OF SLICED FRUIT!**

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sobeys HEALTHY ATHLETE CHALLENGE

SOBEYS FUN FACT OF THE MONTH:
DID YOU KNOW THAT ALMONDS ARE A MEMBER
OF THE PEACH FAMILY?

**CREATE A CLASSROOM
COOKBOOK! EVERYONE IS
RESPONSIBLE FOR BRINGING IN
THEIR FAVOURITE HEALTHY
RECIPE. COMBINE EACH ONE TO
MAKE A HEALTHY CLASSROOM
COOKBOOK!**

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sobeys HEALTHY ATHLETE CHALLENGE

SOBEYS FUN FACT OF THE MONTH:
DID YOU KNOW THAT A BUNCH OF BANANAS
ARE CALLED A "HAND"?

**PLANT A VEGETABLE SEED
OF YOUR CHOICE! TAKE
CARE OF IT AND WATCH IT
GROW!**

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sobeys HEALTHY ATHLETE CHALLENGE

SOBEYS FUN FACT OF THE MONTH:
DID YOU KNOW THAT FRESH EGGS SINK IN
WATER, WHILE ROTTEN EGGS FLOAT?

**HEALTHY EATING POSTER!
CREATE A POSTER IN YOUR
CLASSROOM THAT INCLUDES
PICTURES OF THE FOUR
FOOD GROUPS.**

**(GRAIN PRODUCTS, FRUITS AND
VEGETABLES, MILK AND ALTERNATIVES, MEAT
AND ALTERNATIVES)**

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sobeys HEALTHY ATHLETE CHALLENGE

SOBEYS FUN FACT OF THE MONTH:
DID YOU KNOW THAT PEARS ARE FRUITS THAT
RIPEN FROM THE INSIDE OUT?

**DRAW A POSTER ABOUT
WHY HEALTHY EATING IS
IMPORTANT TO YOU! DROP
POSTERS OFF AT YOUR
LOCAL SOBEYS AND ASK
THEM TO BE PLACED
AROUND THE STORE!**

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Better food for all.



sobeys HEALTHY
ATHLETE CHALLENGE



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Sobeys

Better food for all.



sobeys HEALTHY
ATHLETE CHALLENGE

REGISTRATION IS FREE!
REGISTER TODAY!
Sobeys.com/HealthyAthleteChallenge



JAYS CARE[™]
FOUNDATION



#UNSTOPPABLEKIDS CHALLENGE

**HIGH FIVE CHALLENGE!
AS A CLASS/TEAM, TRY
YOUR BEST TO GIVE
EVERYONE YOU SEE
TODAY A HIGH FIVE!**



JAYS CARE[™]
FOUNDATION



#UNSTOPPABLEKIDS CHALLENGE

**TEAM CHEER
CHALLENGE! WORK
TOGETHER AS A TEAM TO COME UP
WITH A TEAM CHEER THAT YOU CAN
USE BEFORE AND AFTER CHALLENGER
BASEBALL SESSIONS.**

**TAKE A VIDEO OF YOUR TEAM
RECITING THE CHEER AND SEND IT TO
JAYS CARE FOUNDATION!**



JAYS CARE™
FOUNDATION



#UNSTOPPABLEKIDS CHALLENGE

**TEAM BANNER CHALLENGE!
HAVE YOUR TEAM WORK
TOGETHER TO DECORATE
A CHALLENGER BASEBALL
BANNER! TRY AND INCLUDE
EVERYONE'S NAMES,
HANDPRINTS AND
DRAWINGS!**



JAYS CARE[™]
FOUNDATION



#UNSTOPPABLEKIDS CHALLENGE

**GYM TAKEOVER!
YOUR TEAM HAS BEEN
CHALLENGED TO
INVITE OTHER CLASSES
TO PLAY CHALLENGER
BASEBALL!**



JAYS CARE™
FOUNDATION



#UNSTOPPABLEKIDS CHALLENGE

**TEAM BALL CHALLENGE!
TRY YOUR BEST TO
WORK TOGETHER AS A
TEAM TO GET A BALL
AROUND THE BASES
WITHOUT IT TOUCHING
THE GROUND!**



JAYS CARE™
FOUNDATION



#UNSTOPPABLEKIDS CHALLENGE

**BROADCAST CHALLENGE! MAKE
AN ANNOUNCEMENT TO YOUR
SCHOOL ABOUT CHALLENGER
BASEBALL, PHYSICAL EDUCATION,
HEALTHY EATING OR KINDNESS!
TAKE A VIDEO AND SEND IT BACK
TO JAYS CARE FOUNDATION!**



JAYS CARE[™]
FOUNDATION



#UNSTOPPABLEKIDS CHALLENGE

**BLUE JAYS CHALLENGE!
TRY YOUR BEST TO GET
SOME CLASSES OR THE
WHOLE SCHOOL TOGETHER
TO GET A VIDEO OF
EVERYONE CHANTING
"GO JAYS GO!"**



JAYS CARE™
FOUNDATION



#UNSTOPPABLEKIDS CHALLENGE

**INVENTOR CHALLENGE!
AS A TEAM, CREATE A NEW
GAME THAT INVOLVES 2
BASEBALL SKILLS! TAKE A
VIDEO OF THE GAME AND SEND
IT BACK TO JAYS CARE!**

**(THROWING, FIELDING, BATTING,
BASE RUNNING)**



JAYS CARE™
FOUNDATION



#UNSTOPPABLEKIDS CHALLENGE

**HEALTHY FOOD CHALLENGE!
BRING A HEALTHY SNACK
EVERY MORNING FOR A
MONTH! CHALLENGE A NEW
CLASS EACH MONTH TO DO
THE SAME!**



JAYS CARE[™]
FOUNDATION



#UNSTOPPABLEKIDS CHALLENGE

**YOU HAVE BEEN
CHALLENGED TO EAT
LUNCH WITH SOMEONE
NEW TODAY!**



JAYS CARE™
FOUNDATION



#UNSTOPPABLEKIDS CHALLENGE

**PRACTICE USING YOUR
YOUTH VOICE! IF YOU WERE
IN CHARGE OF CHALLENGER
BASEBALL WHAT IS ONE THING
YOU WOULD CHANGE TO MAKE
IT THE BEST PROGRAM EVER!**



JAYS CARE™
FOUNDATION



#UNSTOPPABLEKIDS CHALLENGE

**PRACTICE USING YOUR YOUTH VOICE!
CREATE A SHARING CIRCLE. TELL
YOUR CIRCLE HOW BEING A PART OF
CHALLENGER BASEBALL MAKES YOU
FEEL AND ONE WAY YOU WOULD
CHANGE IT TO MAKE IT EVEN BETTER!**

SHARE YOUR IDEAS WITH JAYS CARE!



JAYS CARE™
FOUNDATION



#UNSTOPPABLEKIDS CHALLENGE

**PRACTICE USING YOUR YOUTH VOICE!
DRAW OR CREATE A POSTER ANSWERING
THIS QUESTION...**

***“WHAT WOULD THE BEST
VERSION OF CHALLENGER
BASEBALL LOOK LIKE FOR ME AND MY
TEAM? REMEMBER, THE SKY’S THE LIMIT!
ALL IDEAS SHOULD BE INCLUDED...BOTH
BIG AND SMALL!*”**



JAYS CARE™
FOUNDATION



#UNSTOPPABLEKIDS CHALLENGE

**COMMUNICATION
CHALLENGE! LEARN HOW TO
SPELL YOUR NAME USING ASL!
(YOU CAN FIND ASL PICTURES
ON LESSONPIX.COM)**

**BONUS CHALLENGE: LEARN HOW TO SAY
"YOU'RE AMAZING" IN SIGN LANGUAGE!**



JAYS CARE™
FOUNDATION



#UNSTOPPABLEKIDS CHALLENGE





JAYS CARE™
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#UNSTOPPABLEKIDS CHALLENGE





JAYS CARE™
FOUNDATION



#UNSTOPPABLEKIDS CHALLENGE





CHALLENGER BASEBALL TODAY!

