London South East Children's University
February 2024 Challenges

This month's challenges all link to February being a month of showing love to friends and family!

You can choose to complete as many of these challenges as you wish – simply email your evidence (a photo is absolutely fine!) to Kate at BexleyCU@LSEAT.org.uk and she will send you your stamp code!

52 Lives Kindness Challenge

The 52 Lives School of Kindness have some special kindness challenges for you during the February half term! Completing all 5 challenges will earn you a 1hr stamp for your passport and you are even in with that chance of winning a prize – just be sure to enter the competition as well as sending your work to Kate! *(please note the competition closes on 1st March 2024!)*

https://schoolofkindness.org/kindnesschallenge

Showing love to friends and family!

This challenge involves you thinking of at least 10 different ways you can show your friends and family how much you love them… and then carrying out the actions! For example, giving a friend a hug or calling someone you haven't spoken to for a while to tell them you love them! The ideas are endless and completely up to you (although maybe double check they are suitable with an adult!). Simply share your checked-off list to earn a 1hr stamp!

Being a good friend online!

This is a slightly different type of challenge as it involves talking with an adult about how we can show kindness and be a good friend online whilst also staying safe – this is important for everyone (including your adults!)

We would like you to talk about and share the following questions:
What makes a good online friend? What should you do if an online friend wants to meet up? How much time should you spend online? How old do you need to be to use social media? What do you need to know about sharing things online?

Simply share your thoughts with Kate, either written or in a short video to earn a 1hr stamp for your passport!

Your adult can also use this link to help provide some guidance:
https://www.childnet.com/young-people/4-11-year-olds/

Heart craft!

For this challenge, we would like you to create a craft-filled heart! This is a very open challenge so you can use whatever resources you already have and can choose how you want to decorate your heart!

You can choose whether it is 2D or 3D and you may want to use this opportunity to use a new skill you have recently learned or even try a new way of crafting – for example, have you ever trying making pom poms, crocheting or origami?

Simply send Kate a photo of your completed heart to earn a 1hr stamp!