

London South East Children's University

May 2026 Challenges

The 5th to 11th May is Screen Free Week, so this is a great chance to put down your devices as a family and have lots of screen-free fun! All of the activities below are screen-free activities, but there is a wide range of choice on what this looks like for you, so let your creativity run free! I hope you enjoy the challenges and see how much fun you can have without your phone/tablet/tv!

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!

Get playing

For this challenge, I would like you to play a board game or complete a jigsaw! It can be any game or jigsaw of your choice, whether it's Twister, Chess, Monopoly, Connect 4 – your choice! But it can't be a game on a screen!

If you don't have any games at home, perhaps pop down to The Movie Shack in Bexleyheath (one of our amazing Learning Destinations) as they have lots of games you can play in store!

Get reading

We read in lots of different ways, whether it's a sign so we know where to go or the subtitles when watching a television programme. But for this challenge, I would like you to read a book! Not an online book, but a physical book.

This would also be a fabulous opportunity to visit your local library and see what they have on offer, whether it's a new book for you to read or an activity they run after school that you might be interested in.

Get exploring

For this challenge, I would like you to get exploring by going to or doing something new! It could be visiting somewhere you've never been to before (there are plenty of places in Bexley you might not have explored yet!), whether it is a museum, a Bluebell walk or a new activity such as a taster session of a new sport!

You could take a peek at our list of Learning Destinations to see if any of them interest you, which you can find on our Linktr.ee <https://linktr.ee/lsechildrensuniversity>

Get arty

For this challenge, I would like to create a piece of art! Whether you paint, draw, create a 3D sculpture – you can create anything and base it off any topic you like! This could mean you take inspiration from the recent space mission to create your own drawing or sculpture of the Earth, or creating friendship bracelets to hand out!

But the rule is – you can't use a screen! Which means no copying of drawings or pictures 😊