

CONSTRUCTION PLAY DATE

First Saturday of the month 2 - 4pm ♥ ages 3 - 99

WHAT TO BRING:

Every child must be accompanied by and adult and equipped with a **HAMMER**.

Other tools or paint, fabrics etc. can also be brought. A pocket knife can be handy!

We provide nails and wood for construction, but if you have scrap or drift wood, please feel free to bring it!

We also encourage making camp fires under adult supervision - feel free to bring the needful.

We are building structures and working with tools and wood whilst responding to one of our very essential desires: to build a shelter. This desire is so general in children that they are willing to go through hard work to reach their ends. Kids love to build something.

Children want to be creative and shape their environment. On our construction playground they have ample opportunities to be creative, to figure things out, to fail and try again and to not give up until the planned structure or fort is standing.

Parents bond with their child/ren during the activities and as a community we learn to cooperate, to visualize things, to be patient, to concentrate and so much more.



Starting on the
5th February 2022

Entrance fee is
TSh 20,000 per child

Registration: 0753 152 001
or karibu@lexis.ac.tz

Children learn by testing their abilities, however **parents/guardians are responsible to take all necessary precautions** and supervise the construction activities in order not to put their child/ren into any dangerous situation.

Please dress the children in **comfortable sporty clothes** which may get a bit dirty.

Safety helmets are only required once the structures are reaching a certain height.

MARTIAL ARTS

Thursdays 3 - 4pm ♥ ages 3 - 99



Sensei Abdul is the son of the legendary martial arts teacher Juma Mtuve and teaches regular martial arts classes and runs Fay Heros Martial Arts Club & Azura Fitness Club with over 12 years teaching experience. He can motivate children to go to their limit and knows how to make fitness exciting. He has extended knowledge in training children for gaining strength, achieving weight loss and of course also skillful movements and self-defense.

First of 10 sessions on 20th January 2022

20,000 per session – payment upfront per term

Registration: 0753 152 001 or karibu@lexis.ac.tz

Every body has enormous capacities and is a perfect instrument. Often we don't give it enough attention but especially children need to grow and nurture their bodies. Karate as well as kick-boxing will provide your child with the opportunity to stay strong, both mentally and physically. It will also instill discipline, self-control, persistence and confidence. Martial arts builds respect for self, others and the community by teaching children non-violent conflict resolution and awareness of their surroundings through self-defense techniques. The training will counter-balance long hours spent in front of screens and improve balance, body posture and concentration. It also really is an art and the children learn to use both sides of the brain to memorize movements whilst being in motion and create intense awareness of body movements, improving hand-eye-coordination. There is no doubt that martial art practice will help a child in all walks of life.

ACTIVITIES:

WARM UP EXERCISES

POWER EXERCISES FOR INCREASED STRENGTH

BALANCING EXERCISES

KARATE BASICS

KICK-BOXING BASICS

MEDITATION

STRETCHING TECHNIQUES



Children learn by testing their abilities, however our trainers will take all necessary precautions and will not put the children into any dangerous situation during any of the above activities. Please dress the children in comfortable sporty clothes which may get a bit dirty. Children will shower back home.

Extra costs: karate gi (if desired) TSh 50,000 – 100,000 (depending on size and quality)

MINDFUL WALDORF CRAFTS

Mondays 3 - 4pm ♥ ages 4+



Maryana is a Waldorf teacher with 15 years teaching experience. She has worked at LEXIS since our inception and we admire her warm-heartedness, patience and focus on building relationships. Maryana has a passion for arts & crafts and we have experienced her impact working with children whilst getting deeply in touch with their thoughts and feelings during handwork.



First of 10 sessions on 17th January 2022

20,000 per session including materials – payment upfront per term

Registration: 0753 152 001 or karibu@lexis.ac.tz

We believe that mindfulness is one of the main ingredients for a happy and purposeful life. It allows to be present and to do tasks with intention instead of succumbing to random reactions and feelings.

The Waldorf Philosophy believes that the body and hands are meant to be the instrument for the human spirit that seeks expression within the body and beyond it into the material world. It is part of the unfolding of a child's talents whilst he/she creates out of his or her feelings.

Craft in this sense is a revelation of self. The purpose is not to train weavers, potters, etc., but rather for the child, by practicing such work, to be able to stand more secure, to manage emotions, to have a basic confidence for managing the practical affairs of life. This works inwards, as it were weaving an inner multi-colored garment whose colors will not fade or threads snap and unravel at the first hurdle presented by life.



ACTIVITIES:

STICK LOOM WEAVING

MOSAIC

HERBS & LEAVES
ORNAMENTS

CROCHETING

FINGER PUPPETS

FELT CRAFTS

MINI DOLLS/PUPPETS/ANIMALS

NATURE INSPIRED CRAFTS

WATER COLORING WITH MUSIC

ETC.



Please dress the children in comfortable clothes which may get a bit dirty.

POTTERY WORKSHOP

Thursdays 3-4pm ♥ ages 6+



Stefanie is a professional cartographer, but her real passion is pottery!

We love to see her pass this passion on to our kids, as she does during our map making workshops too.



First of 10 sessions on Thursday 20th Jan 2022

20,000 per session including clay and materials – payment upfront per term

Register: 0753 152 001 or karibu@lexis.ac.tz

Clay stimulates curiosity, motivates problem-solving and three dimensional understanding. Working with clay is a positive way to express emotions, a good stress-reliever and, since it's generally an unhurried activity, also a calming pastime for kids. Whilst working with clay is therapeutic, it also extends attention span and builds imagination. It is always fulfilling to introduce clay to children and watch its unique qualities contribute to their development in so many ways, whilst making beautiful art the children can take home.

This workshop will focus on hand-building pottery methods, working with clay using hands and simple tools. It is an ancient art that was practiced before the discovery of the wheel.

ACTIVITIES:

SKETCHING

DESIGNING

PREPARING CLAY

A BIT OF HISTORY

PINCHING / COILED /
SLAB POTTERY

MUG MAKING

BOWL MAKING

MAKING JEWELRY

PAINTING THE CLAY

AND MORE



Please dress the child/ren in comfortable clothes which may get a bit dirty and you may want to pack an apron or change of clothes.

Basic material costs are covered within the workshop fees.

SCREENPRINTING

Tuedays 3pm - 4pm ♥ ages 6+



Mr. Lema has been screen printing and selling his great T-shirts for decades. We love his African designs!

He also worked with a Japanese artist and taught her the entire screen printing process and assisted her in holding her own exhibition in Dsm.



First of 10 sessions on 18th January 2022

20,000 per session including materials – payment upfront per term

Register: 0753 152 001 or karibu@lexis.ac.tz

HOW IS MY T-SHIRT MADE?

Screen printing is one of our very favorite processes to explore with children. Seeing how a texture or pattern repeats itself is full of magic, and a delightful process to witness and experience with kids.

During this workshop they will experience first-hand how screen printing is done. The technique has been a mainstay of the textile industry for decades.

Screen printing allows an artist to create designs using fabrics and stencil techniques. Ink is pushed through a design in a stencil or frame using a type of mesh-like fabric. Once the screen is designed and prepared, the exact same design can be applied onto an unlimited number of items. So let's make T-shirts, bags, pillow covers and more!

ACTIVITIES :

PRINTING WITH
PREMADE FRAMES

DRAWING NEW
DESIGNS

MAKING CUSTOMIZED
SCREENS

PRINTING T-SHIRTS

PRINTING A BAG/
PILLOW

AND MORE

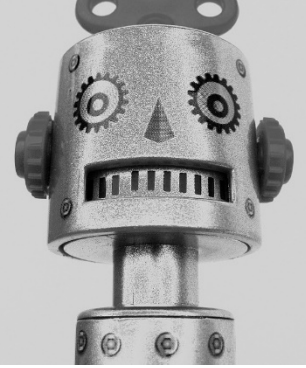


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Basic material costs are covered within the workshop fees.

STEAM CLUB

Fridays 3 - 4pm ♥ ages 7+



Robotech Labs are situated in Upanga with a great lab and a little community centre for kids to hang out and be creative. They are all about sparking the curiosity in kids for technology and science and do really really well at that. We are so happy to have them come our way!



In the age of the digital revolution we want to equip children with learning methods, tools and processes in order to be able to adapt to and apply their creativity to situations and circumstances, which often change at breakneck speed. New technologies will make a large number of jobs redundant but will also create new opportunities. We want our children to be at the forefront of innovative thinking and technologically savvy, whilst encouraging them to explore exciting activities. Creativity is the main ingredient when learning robotics & programming hence we counterbalance passive screen time with active influence.

ACTIVITIES:

LEGO ROBOTICS:

BUILDING ROBOTS AND BLOCK PROGRAMMING THEM
BASED ON A SET OF INSTRUCTIONS

SCRATCH PROGRAMMING:

INITIATE COMMUNICATION WITH CHARACTERS, MAKE STORIES AND YOUR OWN GAMES TO TEST YOUR SKILLS

MEET EDISON:

CODE AND HAVE FUN WITH THE CRAZY FEATURES EDISON BRINGS YOU SUCH AS LIGHT FOLLOWING, SUMO WRESTLING, OBSTACLE AVOIDING



First of 10 sessions on
Friday 21st January 2022

15,000 per session
including materials -
payment upfront per
term

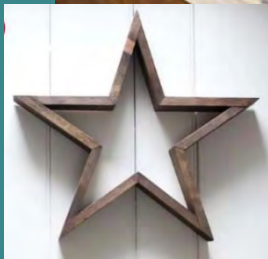
Register: 0753 152 001
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WOOD WORKSHOP

Wednesdays 3 - 4pm ♥ ages 6+



Mathias is a teacher at LEXIS primary and also develops projects with the children with focus on hand work. He is wonderful with the kids and has a passion for creating and making - particularly wood projects.



First of 10 sessions:
19th January 2022

20,000 per session
including materials –
payment upfront per
term

Register: 0753 152 001
or karibu@lexis.ac.tz



Working with tools furnishes one of the best disciplines a training can offer – the desire to make things. This desire is so general in children that they are willing to go through hard work to reach their ends.

Whilst benefiting of touching, smelling and molding wood - probably the most versatile material on the planet - children learn fine motor skills and hand-eye coordination, discover mathematical thinking (size, shape, volume, geometry, measurement, dimensionality), engineering skills, creativity, focus and perseverance.

And all this whilst working in a team, having fun and taking wonderful items home for generations to play with.

ACTIVITIES:

BOX CALENDAR

WALL DÉCOR

CANDLE HOLDERS

STOOLS

WOODEN ANIMALS

BIRD HOUSE

CRAYONS HOLDER

WOODEN SHAPES & EARRINGS

FLOWER PRESS

DRIFT WOOD
SIGNS



Children learn by testing their abilities, however our trainers will take all necessary precautions and will not put the children into any dangerous situation during any of the above activities. The children will learn some cutting and sanding of their material, but mostly the pieces will be precut by the carpenter. Please dress the children in comfortable clothes which may get a bit dirty and you may want to pack a change of clothes.

Basic material costs are covered within the workshop fees.