

MOMENTS WITH AFRICA

Bridging communities through **shared skills**,
connection and **kindness**.

A guided skill exchange rooted in project-based learning,
linking your school with an African community to learn,
share, and grow - together.

A Programme Created By My Little Zen CIC | www.mylittlezen.com



MY LITTLE ZEN
BRIDGING COMMUNITIES. UNITING HEARTS. ENABLING ACCESS.

Our Communities

My Little Zen CIC is a not-for-profit organisation that has supported communities across Kenya and Tanzania since 2022 - including children's homes, schools, orphanages, and FGM safe houses.

We partner with local providers to enable internet access, helping close the digital divide and advance SDG 9.

With connectivity in place, we build trust through weekly online yoga sessions led by our team of volunteers. From there, we introduce digital skills training in partnership with Cisco and run skill exchange programmes—empowering young people to thrive in a connected world.



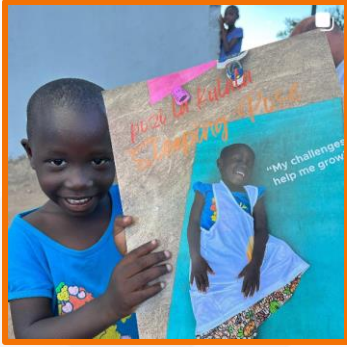
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35
African
Communities



8,000+
Children join our
classes each week
from Africa

25
Volunteers enable
weekly online
classes to take
place



62%
Girls

38%
Boys



3
In-Country
ambassadors
developing local
leaders

MOMENTS WITH AFRICA

A ready-to-use, **6-lesson programme** that connects your class with children in Africa through a guided project **aligned with your existing curriculum**.

Through **live video exchanges**, students create and share something meaningful — a story, **a skill**, a performance — with a **real audience**. This purposeful creation becomes their *moment*.

What's included:



6 lessons with ready made editable slides, student handouts, and teacher guidance.



MLZ credits for real-time video calls with an African community.



Flexible implementation guides for whole class, small group, or individual projects.

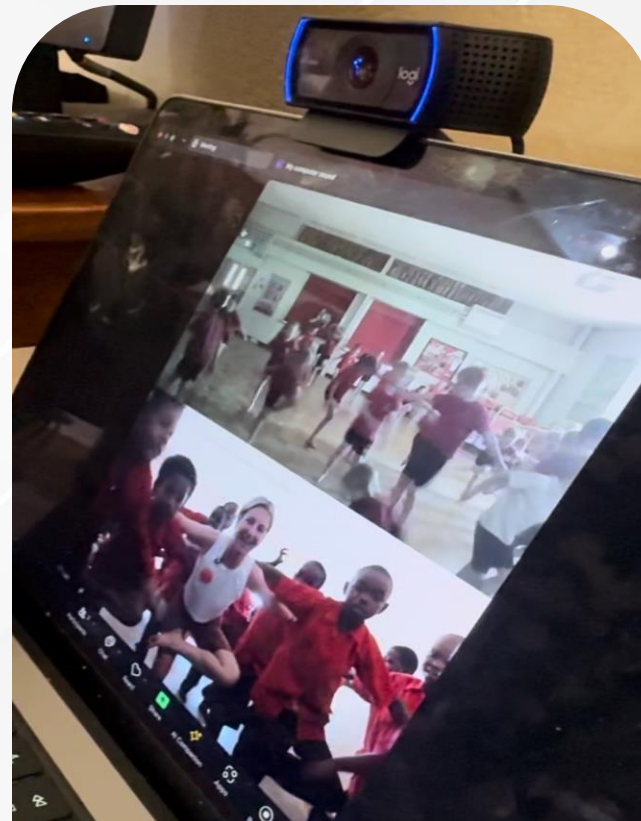


Assembly launch pack and whole staff active introduction session.

Did you know...

In Tanzania, mobile data costs **21% of the average income**. In the UK? Just **0.52%**.

Each video call you make **helps fund real internet access for Africa** - turning your students' moments into real impact.



Why Moments with Africa Matters to Your Children.

Purpose changes everything.



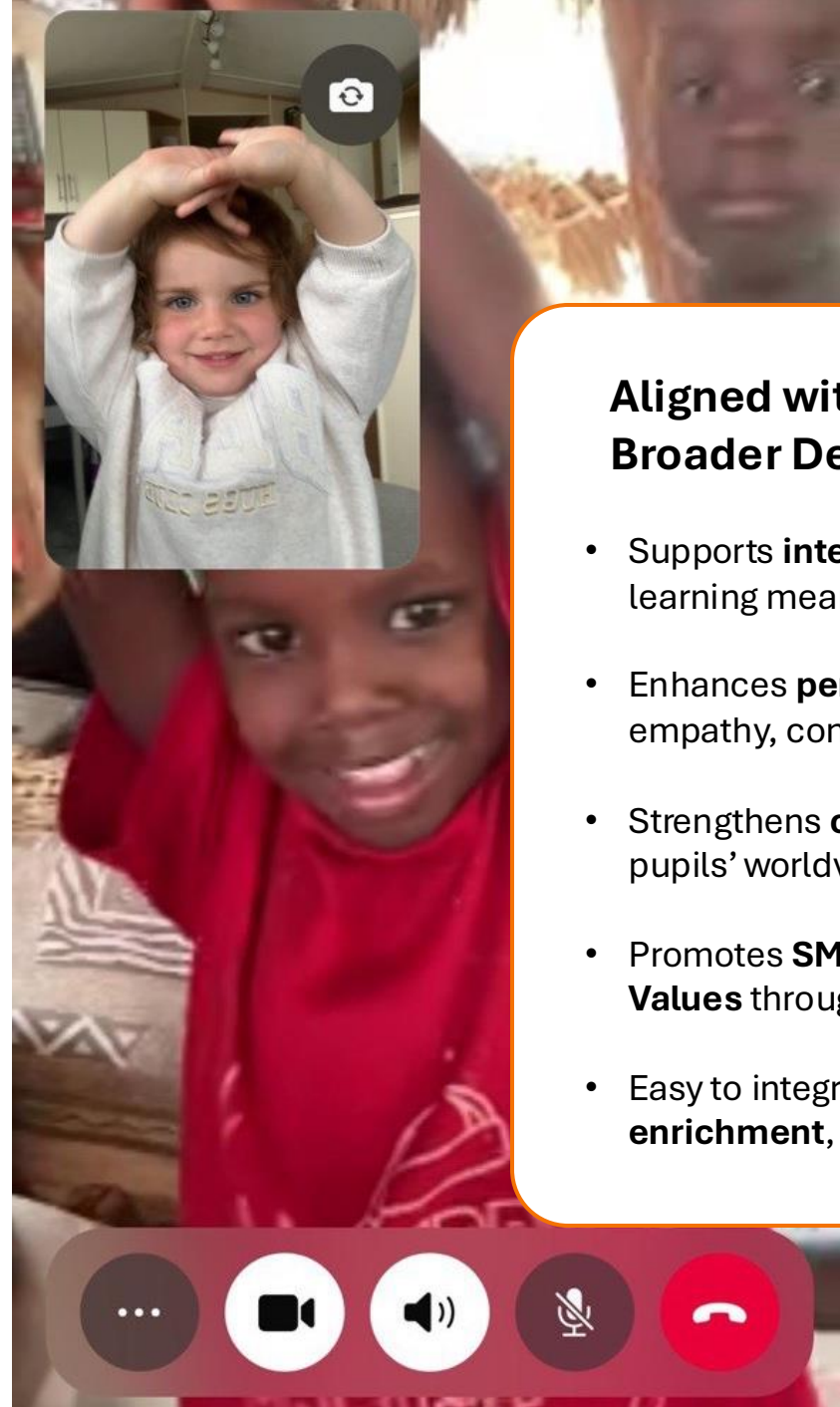
Speaking & Listening | Narrative Writing | Letters

Writing a story builds literacy. But writing a story and reading it to a child in Africa? That's unforgettable. That's authentic purpose. That's a **real audience**.



Dance | Performance | Expression

Learning a dance in PE is fun. But performing it for children on the other side of the world? That's confidence. That's connection. That's **real purpose**.



Aligned with Your School's Broader Development Priorities

- Supports **intent and impact** by giving learning meaningful purpose.
- Enhances **personal development** through empathy, confidence, and character.
- Strengthens **cultural capital** by widening pupils' worldviews.
- Promotes **SMSC, PSHE, and British Values** through real connections.
- Easy to integrate into **assemblies, topics, enrichment, or writing outcomes**.

Six Provided Lessons Guide You Through The Process

Rooted in project-based learning, each “moment” follows a six-step process that provides a clear, flexible structure to guide your learners in creating and sharing something meaningful with a real audience in Africa. Learners develop not only curriculum-linked outcomes, but also **essential human skills** such as empathy, collaboration, and self-regulation.

Let's meet!

01

Explore real community profiles of children in Africa to understand your audience - what they enjoy and how they spend their day.

Empathy

Let's think!

02

Generate and record ideas for your moment by discussing similar examples and drawing inspiration from class topics or personal experiences.

Inquiry

Metacognition

Collaboration

Let's Ask!

03

Develop thoughtful questions to deepen understanding of your audience and gather details to inform the content of your moment.

Inquiry

Empathy

Let's Plan!

04

Organise your ideas into a clear structure. Choose language, visuals, or formats that suit your purpose and will engage your audience.

Imagination

Exploratory Thinking

Planning

Let's Share!

05

Present your moment to your community in Africa—expressing ideas with confidence and clarity.

Teamwork

Self-Regulation

Collective Action

Let's Reflect!

06

Reflect on your moment and the impact it had. Identify strengths and areas for improvement to build your skills further.

Resilience

Each Lesson Follows a Standard Structure



Grow

Begin with a short activity to build a human skill like empathy, curiosity, or teamwork.



Explore

Watch a video or read a text that links to your partner community's culture.



Plan

Set goals, share ideas, and get ready for the main task.



Act

Carry out the activity - create, perform, share, or solve something meaningful linking to your moment.



Reflect

Think about what was learned, how it felt, and how the experience might shape future actions.

“My students couldn’t stop talking about the call — it made their learning real.” - Year 5 Teacher, UK



Extend the Partnership (Optional)

Deepen your school's partnership through flexible, impactful programmes. Use existing MLZ call credits to support these optional initiatives, facilitated by My Little Zen. Contact us at info@mylittlezen.com to learn more.



Yoga with Africa

Introduce mindfulness with online yoga sessions, culminating in a shared virtual class with your African partner community to boost wellbeing and confidence.



Friends with Africa

Sponsor a child's education and care for £25/month, fostering a meaningful class connection with a child in need.



Go Green with Africa

Use UNESCO-aligned resources to explore sustainability with an African community, applying design thinking to create practical solutions.



Travel with Africa

Tailored school trips connect students with African communities, inspiring real-world learning and cultural exchange.

Our Legacy, Our Impact

My Little Zen CIC
(UK Company Number 15800211)

We exist to benefit the community rather than private shareholders. Funds from our programmes support our ongoing costs to provide an active internet connection and hardware to communities in Africa
(Supporting Sustainable Development Goal 9).



Build self-awareness
and Empathy



Build physical
strength through yoga

9 **INDUSTRY, INNOVATION
AND INFRASTRUCTURE**



Real-world skills



Foster global skills
exchange and
experience a new
culture



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Book your info call today or email to reserve your school's space!

Book a 20-min info call

Email: info@mylittlezen.com | Whatsapp: +971 50 995 5824

www.mylittlezen.com