

After school activities and workshops for children in Isle of Dogs - Sailing Club E14 3QS

Summer Term (25th April - 4th July)

Our activities and workshops will be a platform to promote and enhance children's emotional, social and critical thinking skills in order to become the best version of themselves. The workshops will also be an opportunity to develop new skills. AMAS provides a safe, relaxed, supportive and inclusive environment where the shyest or most outgoing of kids and teens can thrive and be themselves in a welcoming space.

HOSTED BY

AMAS - active minds and souls

MONDAY

- ***SPANISH BEGINNERS £80 from 4:15pm-5:15pm**
- **TEXTILE (age 11-16) £80 from 5:30pm-6:30pm**

TUESDAY

- **SPANISH INTERMEDIATE and GCSE £120 from 4:15pm-5:15pm**
- ***HEAR ME OUT! (age 7-16) £60 from 5:30pm-6:30pm - (Expressing my thoughts, views and ideas. Critical and creative thinking. Talking to an audience)**

WEDNESDAY

- ***SPANISH BEGINNERS £80 from 4:15pm-5:15pm**
- **EXPLORING THE WORLD THROUGH ART £50 (age 6-11) 5 Sessions from week commencing 25 April-23May from 5:30 pm-6:30 pm**
- ***MURAL PAINTING (age 11-16) 5 Sessions from week commencing 6 June-4 July from 5:30pm-6:30pm. £120, all materials included**

THURSDAY

- ***SUPER SELF (age 7-16) £60 from 4:15 pm-5:15 pm (Self-regulating emotions, confidence, Self-Esteem and understanding how the brain works)**
- ***PHOTOGRAPHY 5 Sessions £60 (age 11-16) from 5:30pm-6:30pm**

FRIDAY

- ***SELF DEFENCE £80 (age 6-10) from 4:15pm-5:15pm**
- ***SELF DEFENCE £80 (age 11-16) from 5:30pm-6:30pm**

For bookings and enquiries, please email us on activemindsandsouls@gmail.com

*Spanish beginners - 2 sessions £140. AMAS strongly believes that for a child to acquire new linguistic skills, continuity and repetition must take place. Sessions will be fun and encourage children to talk as much as possible.

*Photography and Mural Painting will be led by local artists and there will be 5 sessions.

*Self Defence will be instructed by a professional personal trainer and a self-defence instructor.

*Hear me out! and Super Self will be divided by age group (7-11 and 12-16).



Follow us for more information on Facebook and Instagram
Amas- Activemindsandsouls

