

@heza@heza

**Building
strong minds
through dance**



CHEZACHEZA MEANS PLAYFUL IN SWAHILI!

WHO ARE WE?

We are a Kenyan nonprofit organization founded in 2018.

WHAT DO WE DO?

We increase access to quality life skills education and social-emotional learning through the power of dance to children facing vulnerabilities.

HOW DANCE?

ChezaCheza uses a holistic and comprehensive dance curriculum that incorporates mindfulness, breathwork and movement-based exercises based on techniques from dance movement therapy to provide an innovative framework to learn.

Francis Odhiambo
co-founder of ChezaCheza

“We want to create safe spaces where you feel like you’re growing, where you belong and can make mistakes. We cannot change the environment, but what we can do is build strong minds. Everything starts with the mind”

HOW DO WE DO IT?

We create more safe spaces within communities and schools through our team of highly skilled dance educators. They are ideal facilitators because they come from the same communities as our children and understand their challenges.





THE PROBLEM

We engage with children facing severe social and economic challenges, primarily from informal settlements. They live in a chronic environment of stress and violence, and without adequate support or life skills it often leads to trauma or misguided behaviour. It can lead to a vicious cycle of dropping out of school, substance abuse, delinquency, and violent behaviour. We think this combined problem can be avoided by providing the following:

- safe spaces *
- empathetic guidance *
- life-skills training *
- freedom of expression *
- positive role models *
- opportunities for growth *

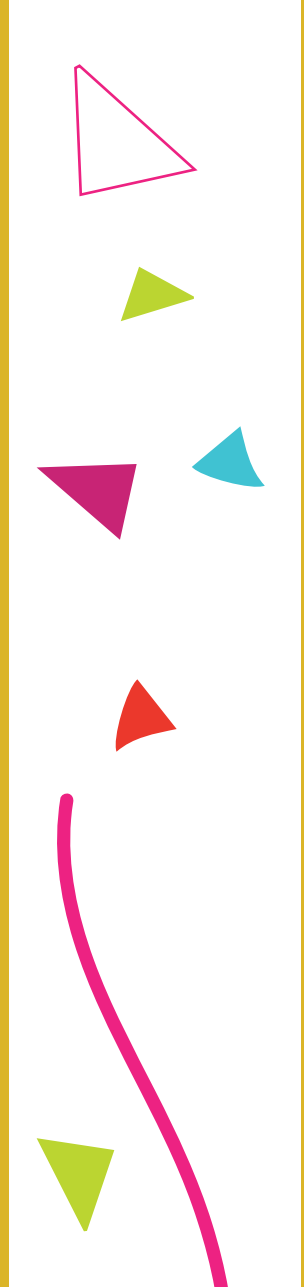
THE SOLUTION

Both UNICEF and OECD emphasize life skills as essential to deal effectively with challenges and stimulate positive decision making. ChezaCheza's student-centered dance curriculum uses innovative methodologies, cultural references and therapeutic techniques to cultivate cognitive, social and emotional skills in an interactive way.

WHY DANCE?



- 1 Enables us to understand and express our emotions in a safe, creative way.
- 2 Promotes self-awareness, confidence and benefits physical and mental health.
- 3 Provides release of trauma by exploring repressed memories and unhappy feelings.
- 4 Improves interpersonal skills, communication abilities, and group cooperation.
- 5 Connects with African culture and history.





George, 13 years

"ChezaCheza has helped me learn how to control emotions by explaining what it is that I feel. I now have tools on how to work with people. I am more aware that it does not matter where I come from, I can make the choice to be who I want to be."

MISSION

Increase access to quality life skills education and social and emotional learning through a specialized dance program to children experiencing vulnerabilities.

VISION

Empowering children with the capacity to make responsible life choices and realize their full potential.



"I am **Francis Odhiambo** - co-founder of ChezaCheza. I was raised in Kenya's largest slum, Kibera. I did not know how to stay away from drugs and crime. All I wanted was to have a safe space and guidance on how to manage my challenges. I started to share my dance with neighborhood children to provide them the safe space that I was missing. Quickly, the kids knocked on my door every Saturday morning asking to dance. Moving forward, I want every child in Kenya to experience this joy of dancing and learn the skills they need to navigate life."



SCHOOL CLASSES PROVIDED: 96

KIDS PER WEEK: 230

DANCE HUBS: 3

COMMUNITY CLASSES PROVIDED: 520




SCHOOLS REACHED: 5

ACHIEVEMENTS

JOIN THE MOVEMENT!

Are you an educator, dancer or creative thinker? Let's join hands. ChezaCheza is always looking for more people to join our network and activities. Contact us through one of the channels.



-  chezachezadance@gmail.com
-  www.chezachezadance.org
-  [@chezachezadance](https://www.instagram.com/chezachezadance)

