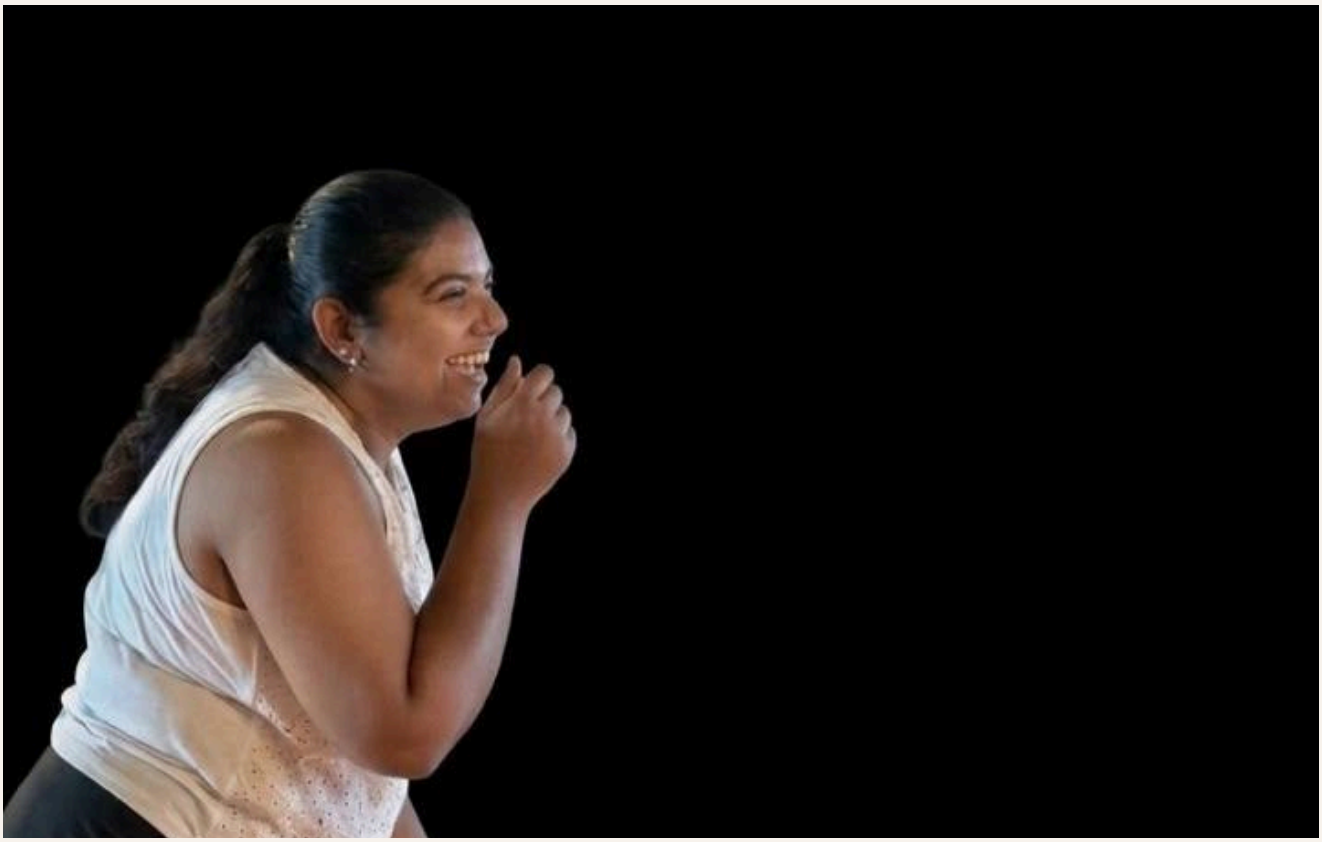
SUNDAY 8 NOVEMBER 2026

A day of movement, laughter and little challenges at Ashwas Bhavan



Took part	20	Facilitators	1
Where	Ashwasa Bhavan, Fort cochi	Club	Dance Club
Run by	Thudippu Dance Foundation and Devika Murali	Facilitated by	Devika Murali

Input

What went in

- Led a movement session for girls aged four to ten
- Adapted activities to suit different ages, abilities and attention spans
- Used flexibility and improvisation to encourage participation

Time

1.3 hours

Activity

On Sunday, Nov. 8, a movement session for girls took place at Ashwas Bhavan, Mattancherry. The children were aged four to ten. They brought different energy levels, attention spans and abilities.

Finding activities everyone could enjoy took flexibility and improvisation. The session was full of excitement, playful mischief and laughter. Keeping the group engaged was a challenge and a joy. Each child could take part in her own way.

Working with children means plans do not always go as expected. Sometimes, unexpected moments become opportunities for play and connection.

Outcome

Confidence in movement | Connection | community building

The girls took part in a lively session filled with movement, laughter and playful interaction. Their excitement and energy were visible throughout, while adapting activities helped create opportunities for each child to join in.

(We observed it)

Learnings

A mixed-age group needs flexibility and patience. It also needs activities that can be adapted. The session was a reminder that unexpected moments can create opportunities for joy and connection.

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