

SUNDAY 18 OCTOBER 2026

Building Coordination, Confidence and patience Through Adavu Practice



Took part **8**
Where aikyam space, Fort Kochi
Run by Thudippu Dance Foundation and
Aparna NS

Facilitators **1**
Club Dance Club
Facilitated by Aparna NS

Input

What went in

- Guided practice of Adavus
- Repetition of movements to build familiarity
- Support and encouragement to stay focused and keep trying

Time
1 hour

Activity

Today in our kids batch children stayed engaged throughout the practice and made a consistent effort to understand and perform the movements. Learning Adavus takes repetition, coordination, concentration and patience. As children become more familiar with the movements, they learn to coordinate different parts of their bodies and become more aware of how they move. Dance practice is about more than learning steps or perfecting technique. It also gives children an opportunity to develop body-mind coordination, concentration, patience and perseverance.

Outcome

Balance, control, spatial awareness Confidence in movement Technique (adavus)

The children remained engaged and made steady efforts to perform the movements. Through repeated practice, they began building familiarity with the Adavus and awareness of their body movements.

(We observed it)

Learnings

The children experienced how regular practice supports learning. They practised coordination, concentration and patience, and had an opportunity to build perseverance as they worked through the movements.

Run this activity yourself. You are free to copy, change and share this write-up, as long as you credit aikyam space. Photos are not included. (Creative Commons licence CC BY 4.0: <https://creativecommons.org/licenses/by/4.0/>)