SATURDAY 7 NOVEMBER 2026

Channeling energy through movement and new Adavu practice



Took part	5	Facilitators	1
Where	aikyam space, Fort Kochi	Club	Dance Club
Run by	Thudippu Dance Foundation and Aparna NS	Facilitated by	Aparna NS

Input

What went in

- Varied movement activities
- Different jumps and steps
- Activities to help children settle and focus
- A new Adavu

Time

1.3 hours

Activity

The children arrived with lots of energy. We began with varied movement activities instead of repeating the same Adavus. We explored different kinds of jumps and steps to channel their energy and help them settle. After these activities, we learned a new Adavu.

Outcome

Confidence in movement
Technique (adavus)

The children had opportunities to express their energy through different movements before moving on to the new Adavu. They then took part in learning a new step.

(We observed it)

Learnings

Varied movement activities can help children channel their energy and prepare for focused dance practice. Changing activities can also make a class engaging while supporting new learning.

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/)