SUNDAY 25 OCTOBER 2026

Creating hand gestures to make dance learning accessible

Took part	1	Facilitators	1
Where	aikyam space, Fort Kochi	Club	Dance Club
Run by	Thudippu Dance Foundation and Anjali Krishnadas	Facilitated by	Anjali Krishnadas

Input

What went in

- Individual attention and revision of Nattadavu 1, 2 and 3
- Teacher-created hand gestures for aramandi, samam and muzhu mandi
- Demonstrations and visual cues during individual and group practice

Time

1.3 hours

Activity

Only one student attended today's class for children with hearing difficulties. The other students were unwell. I gave her individual attention and revised Nattadavu 1, 2 and 3 from the previous class.

Today, I began creating my own hand gestures for dance terms and positions. These include aramandi (half-sitting), samam (standing) and muzhu mandi (full-sitting). We did not use these

gestures in class before. I developed and introduced them to make dance instructions more accessible for my students.

Instead of relying on spoken reminders, I showed the student each gesture and explained the position it represented. She understood the gestures and responded by moving into the corresponding positions.

For the last 15 minutes, she joined the other children's batch to practise the Adavus. I stood near her and gave visual cues as she tried to follow along and dance with the group.

Outcome

Confidence in movement | Knowing the art form | Technique (adavus) | Accessible learning

The student responded to the newly created gestures by moving into the positions they represented. When she joined the other batch, she tried to follow the visual cues and practise alongside the children. This showed that the gestures helped her understand the instructions and take part in the class.

(We observed it)

Learnings

As a teacher, I learned that creating clear visual gestures for technical dance terms can make learning more accessible for students with hearing difficulties. These cues can help students understand instructions and participate in practice without relying on spoken reminders.

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/)