SATURDAY 31 OCTOBER 2026

Moving in our own ways



Took part	19	Facilitators	1
Where	aikyam space, Fort Kochi	Club	Curiosity Club
Run by	Olimalar Foundation and Devika Murali	Facilitated by	Devika Murali

Input

What went in
No props or additional materials. Activities used body movement, imagination and interaction.

Outside help
Devika Murali planned and led the session, bringing her expertise in creative movement and body awareness.

Time
1.5 hours

Activity

This week at Curiosity Club, psychologist and Dance Movement Therapy practitioner Devika Murali led a session on movement, body awareness and creativity. Children from Thudippu's Dance Club also took part. She kept the activities simple and adaptable so children of different ages could join in. There was no pressure to follow a dance style or get movements "right".

Devika began with a jumping game and movements inspired by children's favorite things. She used familiar ideas to get them started. Opening and closing their bodies, followed by hand-brushing movements, encouraged children to notice how their bodies moved and felt.

A grouping game invited children to find others who shared similarities with them. This gave them a way to meet and connect. They then explored making rhythms with their bodies. They also tried freestyle movement, choosing their own ways to express themselves.

We plan to host a movement session once a month. This gives children regular opportunities to explore movement and connect through play with Devika.

Outcome

Connection Body awareness Creative expression

Children expressed their favourite things through movement, created body rhythms and chose their own movements during freestyle. The grouping activity brought children together around shared similarities. These observations show participation and expression during the session; changes in confidence and connection will need follow-up over time.

(We observed it)

Learnings

Inviting a specialist facilitator brought a different approach to the club. She used movement and imagination as ways to participate.

Simple prompts and games helped children join in. Rhythm-making and freestyle gave them room for their own ideas.

The mixed group had different levels of energy, confidence and participation. In future sessions, we will allow time for children to become comfortable. We will offer encouragement without pressure. Monthly sessions will also give us opportunities to notice what helps children participate over time.

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