

SUNDAY 11 OCTOBER 2026

Exploring Self-Expression Through Movement, Music, and Art



Took part **15**
Where **aikyam space, Fort Kochi**
Run by **Thudippu Dance Foundation**

Facilitators **1**
Club **Dance Club**

Input

What went in Name-and-movement activity to encourage introductions and group participation. Mood-sharing activity to help participants recognise and express their current feelings. Guided movement exploration to encourage body awareness and creative expression. Collaborative music-making using sounds and rhythms created by the group. Individual art reflection to express thoughts, feelings, and experiences. A closing activity to reflect on the session and bring the group experience to an end.

Time 2 hours

Activity

The session began with a name-and-movement activity, where participants introduced themselves through simple movements. This helped create a comfortable and welcoming atmosphere, encouraging everyone to participate. The group then engaged in a mood-sharing activity, allowing participants to express how they were feeling at that moment.

The next activity focused on movement exploration, providing participants with the freedom to explore different movements, connect with their bodies, and express themselves through

movement. Participants then worked together to create music as a group. They explored sounds and rhythms, shared ideas, listened to one another, and presented their collective creation to the group.

Following this, participants engaged in an individual art reflection, using art to express their thoughts, feelings, and experiences from the session. This offered them an opportunity for personal reflection and creative expression. The session concluded with a closing activity, bringing the shared experience to a meaningful end.

Overall, participants responded positively and showed interest and engagement throughout the session. The combination of movement, music, and art offered different ways to communicate, explore feelings, express creativity, and connect with others in a supportive group environment.

Outcome

Confidence and ownership Creative thinking Discussion Connection

Increased participation: Participants engaged in the different activities and showed interest in the session.

Self-expression: Participants had opportunities to communicate their moods, thoughts, and feelings through movement, sound, and art.

Creativity: Participants explored different ways of moving, creating rhythms, and expressing their experiences.

Collaboration and listening: The group music-making activity encouraged participants to share ideas, listen to one another, and create something collectively.

Body awareness: Movement exploration provided opportunities for participants to notice and experiment with different ways of moving.

Personal reflection: The individual art activity gave participants space to reflect on and represent their experiences creatively.

These outcomes were told and also observed through participants' engagement in the activities, their involvement in collective music-making, and their participation in the individual art reflection.

(Participants told us)

Learnings

The session highlighted the value of combining movement, music, and art to create different pathways for participation and self-expression. Not everyone communicates or expresses themselves in the same way, and offering a variety of creative activities can help participants engage according to their comfort and interests.

The collaborative music-making activity also demonstrated the importance of listening, sharing ideas, and creating together. The individual art reflection provided a quieter space for personal expression after the group activities. Overall, the session reinforced the importance of creating a supportive environment where participants can explore, participate, and express themselves without pressure.

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