

SUNDAY 18 OCTOBER 2026

Growing Independence Through Adavu Practice



Took part **4**
Where aikyam space, Fort Kochi
Run by Thudippu Dance Foundation

Facilitators **1**
Club Dance Club

Input

What went in
ndividual guidance and repeated practice
Practice of the third Nattadavu in three speeds
Encouragement to perform while looking straight ahead
Hand clapping to support rhythm and timing

Time
2 hours

Activity

Today was the second class for our students with hearing difficulties. Three new children joined the student who attended the first class. The first student's mother had watched the class, shared information about it with other families and brought the new students along.

During practice, the children tended to look at the teacher and follow the Adavus by watching. We wanted to help them perform the movements independently, without relying on imitation. The teacher worked with each child individually and guided them through repeated practice while looking straight ahead. Although this was challenging at first, the children kept trying.

The teacher then moved behind the students and asked them to perform the third Nattadavu in three speeds. before that we did Hand clapping helped them feel and remember the rhythm. By the end of the practice, all the children were performing the Adavu while looking straight ahead.

Outcome

rhythm awareness Connection Confidence in movement Confidence and ownership Self-awareness

The children moved from relying on the teacher's movements to trying the Adavu on their own. After repeated practice and hand clapping, all of them performed while looking straight ahead. Three new students also joined the class through a family's recommendation.

(We observed it)

Learnings

Repeated practice, individual guidance and rhythm activities can help children build confidence and independence in dance. We also saw how sharing a positive class experience can help more families discover the space.

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