SUNDAY 15 NOVEMBER 2026

The world of imagination: movement, sound and rhythm



Took part	3	Facilitators	1
Where	aikyam space, Fort Kochi	Club	Dance Club
Run by	Thudippu Dance Foundation and Devika Murali	Facilitated by	Devika Murali

Input

What went in

- Basic body movements
- Animal- and nature-inspired movement activities
- A storytelling and movement trip through imaginary worlds
- Body drumming, clapping, tapping and rhythm-making
- Balloon activities for movement and working together

Time

1 hour

Activity

Today's children's session mixed imaginative movement, body rhythm and sound exploration.

We started with basic body movements and tried animal- and nature-inspired ways of moving. Through storytelling, the children imagined being in different worlds. These included underwater, the jungle, outer space and a windy mountain.

The children tried body drumming. They clapped, tapped different parts of their bodies and made rhythmic patterns. Balloon games gave them chances for playful movement and working together.

Outcome

Body awareness Coordination Creative expression

The children explored different ways to move, make sounds and create rhythms. They took part in the storytelling journey and balloon activities, engaging with imagination, movement and play.

(We observed it)

Learnings

Storytelling, movement, sound and play help children explore their imagination and express themselves. Rhythm activities help them notice and make sounds with their own bodies.

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