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SUNDAY 25 OCTOBER 2026

## Welcoming a New Batch of Young Learners from Ashwasa Bhavan, Fort Kochi



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

Facilitators **1**  
Club Dance Club

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### Input

What went in

- Welcomed four young children from Ashwasa Bhavan, Fort Kochi
- Introduced namaskaram through stories and encouragement
- Used short activities, dance gestures and conversation to keep the children engaged
- Offered painting and drawing at the end of class

Time  
1.3 hours

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### Activity

Today, we began a new batch for four children from Ashwasa Bhavan, Fort Kochi. Their sister brought them to class. At four years old, the children were full of excitement and curiosity about the space and their teacher. It took patience and energy to help them settle, as they were eager to talk and explore.

We introduced namaskaram as their first dance practice. With stories and encouragement, the children joined in. Since their attention spans are still developing, we kept the session varied: learning one step at a time, talking together, and exploring hand gestures that represented a bird, a flower and a river. In the final minutes, the children used paints and paper to draw.

## Outcome

Accessible learning   Knowing the art form   Technique (adavus)

With encouragement, the children tried namaskaram and explored dance gestures for a bird, a flower and a river. They also took part in drawing and painting. The varied activities gave them different ways to engage with their first class.

(We observed it)

## Learnings

For very young children, short and varied activities can help make a first dance class welcoming. Stories, encouragement, movement and art offered different ways for the children to explore and take part.

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