SUNDAY 25 OCTOBER 2026

Welcoming a new batch of young learners from Ashwasa Bhavan, Fort Kochi

Took part	4	Facilitators	1
Where	aikyam space, Fort Kochi	Club	Dance Club
Run by	Thudippu Dance Foundation and Anjali Krishnadas	Facilitated by	Anjali Krishnadas

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

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. We taught one step at a time and talked together. The children also explored 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 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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