

2026 സെപ്റ്റംബർ 27, ഞായറാഴ്ച

Building Rhythm and Coordination Through Revision



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Input

Materials Revision session on Adavus and Mudras.
Time 2 hours

Activity

On Sunday, most students were absent, so I used the class to revise Adavus and Mudras and introduced basic Chollu and Thalam. This helped me realise the importance of adapting my teaching to the students' needs and giving them enough time to develop rhythm and coordination. I learned that even a small class can be a valuable opportunity to observe and support each student.

Outcome

Students strengthened their understanding of previously learned Adavus and Mudras.

Learnings

Smaller classes provide valuable opportunities for individual observation, feedback, and support.

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