

2026 ഒക്ടോബർ 4, ഞായറാഴ്ച

From Play to Learning: Creating Space for Children to Grow



പങ്കെടുത്തവർ 9
എവിടെ നടത്തിയത്
ഐക്യം സ്പേസ്, Fort Kochi
Thudippu Dance Foundation,
Aparna NS എന്നിവർ

ഫെസിലിറ്റേറ്റർമാർ 2
ക്ലബ്ബ് നയിച്ചത്
ഡാൻസ് ക്ലബ്ബ്
Aparna NS

ഇൻപുട്ട്

സാമഗ്രികൾ സമയം Time and space for free play, muscle-strengthening exercises, and guided Adavu practice.
1 മണിക്കൂർ

പ്രവർത്തനം

The children arrived for Sunday's dance class in a playful mood, so we began by giving them some time to play before moving into the structured session. They participated enthusiastically in the muscle-strengthening exercises before we started practicing Adavus.

The children remained engaged throughout the practice and made consistent efforts to understand and perform the movements. Learning Adavus requires repeated practice, coordination, concentration, and patience. As children gradually become familiar with the movements, they learn to coordinate different parts of their bodies and develop greater awareness of their own movements.

ചലനത്തിലെ ആത്മവിശ്വാസം

കലാരൂപത്തെ അറിയൽ

Connection

ഔട്ട്പുട്ട്

കലാരൂപത്തെ അറിയൽ

ഫലം

ചലനത്തിലെ ആത്മവിശ്വാസം

കലാരൂപത്തെ അറിയൽ

After their playtime, the children participated enthusiastically in the exercises and dance practice. They remained engaged, made consistent efforts, and showed gradual progress in learning the Adavu movements. This offered an opportunity to observe how responding to children's energy and allowing flexibility in the class routine can support their participation in structured learning.

(ഞങ്ങൾ നിരീക്ഷിച്ചത്)

പഠനങ്ങൾ

This session reinforced our belief that supporting children's learning begins with recognising and respecting their needs. Children do not always arrive ready to participate in structured activities, and making space for play can be one way of responding to them with patience and understanding.

Play and learning do not have to be separate experiences. When children are given the freedom and time they need, we can create opportunities for them to transition into guided activities in a more comfortable and engaging way.

Dance practice itself also offers opportunities to develop body–mind coordination, concentration, and patience through repetition. As facilitators, our role is not only to teach movements but also to create an environment where children feel comfortable, supported, and ready to learn at their own pace.

ഈ പ്രവർത്തനം നിങ്ങൾക്കും നടത്താം. aikyam space-ന് കടപ്പാട് നൽകുന്നിടത്തോളം, ഈ കുറിപ്പ് പകർത്താനും മാറ്റം വരുത്താനും പങ്കുവെക്കാനും നിങ്ങൾക്ക് സ്വാതന്ത്ര്യമുണ്ട്. ഫോട്ടോകൾ ഇതിൽ ഉൾപ്പെടുന്നില്ല. (Creative Commons ലൈസൻസ് CC BY 4.0: <https://creativecommons.org/licenses/by/4.0/>)