

Report on Art and Dance Movement Therapy Session with Lower Primary Government School Children organised by "The Department of English" and "Health Care Promotion and Maintenance Committee"

18th Nov '24

Introduction

The therapy session was conducted with children from grades 1 to 5 of a lower primary government school. The participants came from lower socioeconomic backgrounds, and the aim was to use art and dance movement activities to foster emotional expression, enhance social skills, and improve physical coordination in a fun, interactive environment.

Goals of the Session

1. Emotional Regulation and Expression:

Encourage children to express emotions through movement and art.

2. Social Interaction and Teamwork: Facilitate cooperative group activities to build trust and empathy among peers.

3. Enhance Physical Coordination and Awareness: Use movement-based activities to improve body awareness and motor skills.

4. Boost Creativity and Engagement: Integrate art to allow creative expression and enhance engagement.

Activities Conducted

1. Warm-Up: Each child contributed one movement for the group to mimic, creating a sense of ownership and active participation.

2. Freeze Dance: Children danced freely to music and froze when it stopped, enhancing listening skills and impulse control.

3. Head, Shoulders, Knees, and Toes Activity: This classic song was used to develop body awareness and coordination.

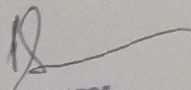
4. Passing the Movement: A movement was initiated by one child and passed along the group, fostering collaboration and rhythm.

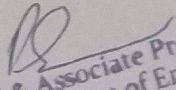
5. Walking Like Different Animals: Children mimicked animals' movements, stimulating imagination and gross motor skills.

6. Do as I Say, Not as I Do: Encouraged attention and cognitive flexibility as children responded to instructions rather than imitating the facilitator's actions.

7. Ring-a-Ring-a-Roses: This familiar group activity brought joy and encouraged teamwork.

8. Art Activity: Children drew or painted their favorite part of the session, expressing emotions and consolidating their experiences creatively.


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