



Reach Out and Reveal Resource Pack for Parents and Schools

Akādemi

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Welcome



A note from the researchers:

Welcome to this resource pack, created as part of the research and development carried out between 2022 - 2025, funded by Paul Hamlyn Foundation. Through this process of exploration and research, working closely with the children, teachers, parents and dance artists, we have created this resource pack for you to use. The aim of these resources is to bring the benefits of dance that we see within the dance classes themselves into the children's wider life, both at school and at home. We hope that you enjoy using these resources with your child and find connection and joy in the music and dancing activities.

Claire Farmer and Ashley Brain nee McGill

A note from the dance artists:

Dance is beneficial for so many, both physically and mentally. It helps enhance body awareness, cognitive and motor skills, confidence, social skills, self-esteem, coordination, expression and imagination, as well as bringing much joy and happiness!

It has been a pleasure working with each child and seeing them grow and develop in multiple ways within our weekly dance sessions. I hope these resources can help continue this growth and be a fun activity for you to do with your child. ~ Georgia Cornwell

Dance is a way of life. It creates joy, laughter, and peace. It brings people together and creates a bond like no other. I can't wait to help you incorporate dance into your life and see how you take it into your everyday life! ~ Aishani Ghosh



Play that funky music!

The combination of music and dance has been shown to have beneficial effects for people of all ages, helping to develop rhythm as well as making connections with favourite songs and sounds.

Bring the music from dance class wherever you go with this playlist. Created by the dance artists and used throughout their dance classes, the children will be exploring movements and expression through this music.





Mudras

Mudras (MOOD-RAAs) are really good for telling stories using your hands and for helping with fine motor skills in the wrists and fingers.

Garuda “eagle”

Garuda (GAA-RU-DA) can be used to represent a bird. Gently move the hands to show the bird flapping its wings as it flies.



Kataka-Mukha “link in a chain”

Kataka-Mukha (KAT-AR-KA-MOO-KA) can be used to represent picking a flower, putting on a necklace or earrings.



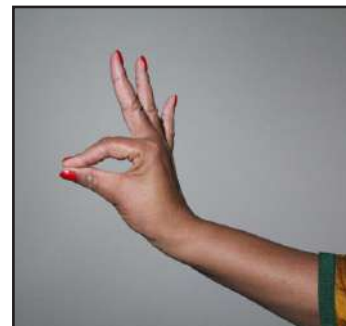
Ala-Padma “fully opened lotus”

Alapadma (ALLA-PAD-MA) can be used to represent a blooming flower. You can also hold both hands together with the insides of the wrists touching to create a larger flower.



Hamsasya “swan’s face”

Hamsasya (HAM-SAS-YA) can be used to demonstrate drops of water, moonlight or drawing a picture (as if you are holding a pen).



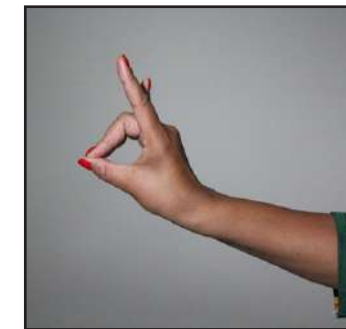
Matsya “fish”

Matsya (MAT-SYA) can be used to represent a fish.



Simhamukha “lion face”

Simhamukha (SIM-HA-MOO-KAH) can be used to represent a lion, deer or rabbit.



Storytime

Can you tell a story with the mudras from the previous page? Write out your story together here and see if you can add the mudras on the right hand page, or make up your own hand gestures to tell the story! Maybe you could take photos of your mudras and stick them to the opposite page.

1.

2.

3.

4.

5.

6.

7.

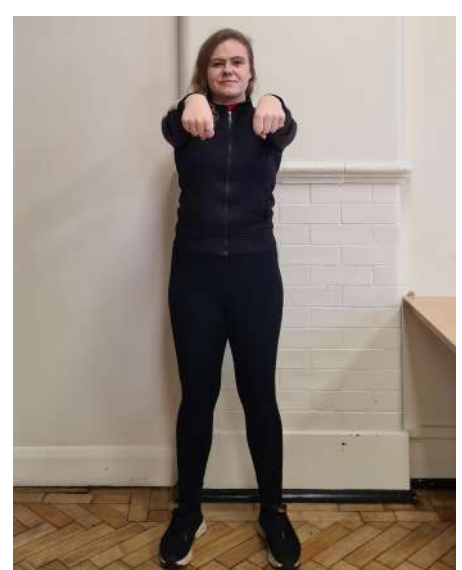
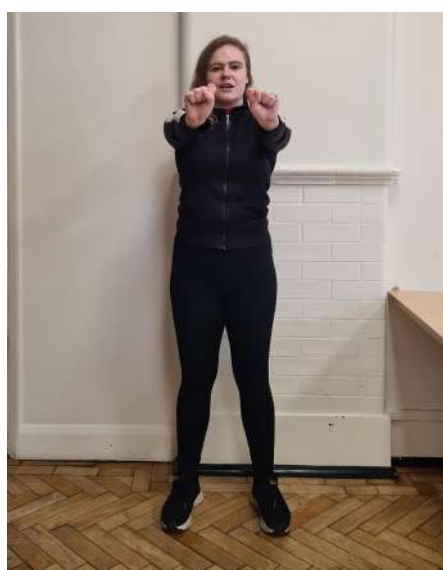
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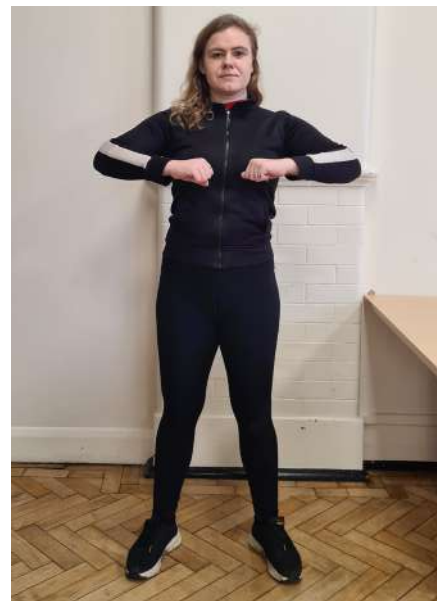
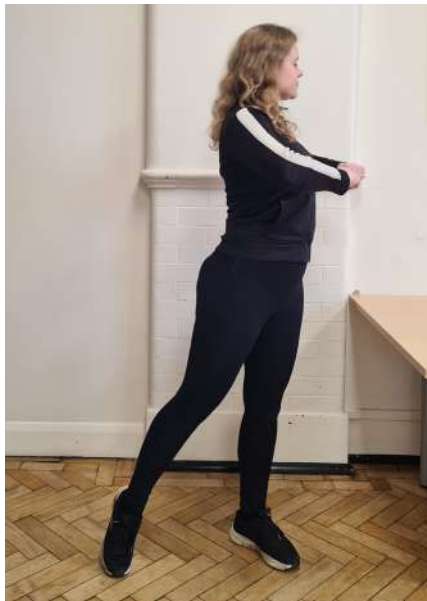
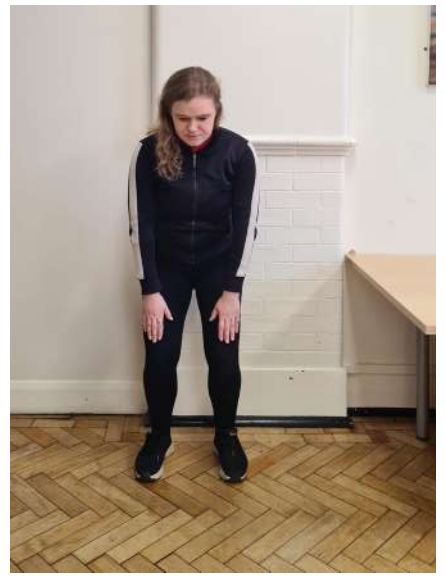
Movement Phrase

This short movement phrase helps to work on range of motion including reaching overhead as well as fully extending joints such as the elbows. The marching also helps develop co-ordination and rhythm.

Try this phrase with your favourite song, or use the playlist from this booklet. You can try the standing version or the seated version (over-leaf).

Standing movement phrase





Seated movement phrase





Favourite Moves

There are lots of fun things to do in dance class. Some of these are shown in the images below.



music



loud music



quiet music



dancing alone



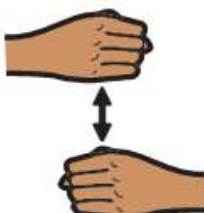
dancing with friends



fast dancing



slow dancing



actions



clap



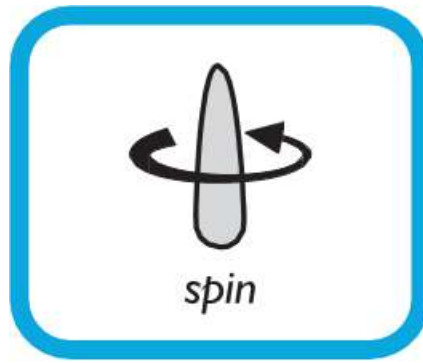
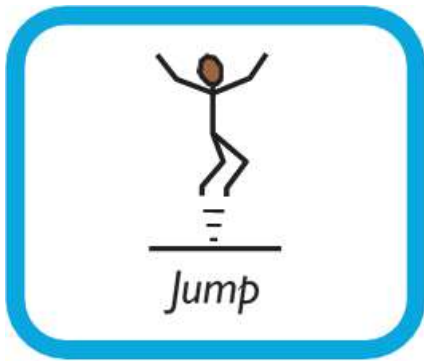
hands up



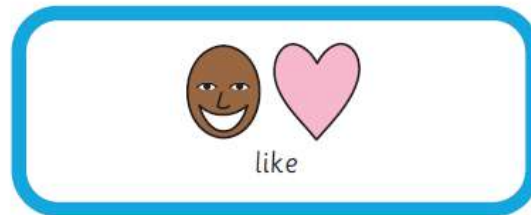
hands down



hop



My favourite moves are....



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