



Chapter 18

MY DANCE EXPRESSES EMOTIONS AND NARRATES STORIES

ACTIVITY 18.1

EMOTIONS EXPRESSED

When you come to the class and meet your friends do you see different expressions on your friends' faces? In Grade 4, you have learnt about various emotions and learnt to express them. We have also

seen that different emotions are felt in different situations, whether they are positive situations or sometimes not very desirable situations. You can always express various emotions through dance, enacting desirable or not so desirable situations. Dance gives you a medium for experiencing and expressing what you feel.



Laugh



Wonder



Disgust



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ACTIVITY 18.2

EYES AND EYEBROWS IN EMOTION



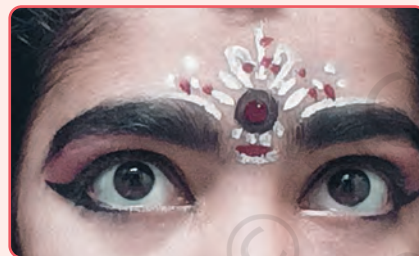
Sad



Afraid



Admiring



Angry

Do you believe or experience that eyes are the mirror of our feelings? Try expressing the following emotions using coordinated eye and eyebrow movements with hand gestures.

- ◆ Expanded in anger – to say go away with *suchi* hand gesture.



- ◆ Twinkling in joy – holding beautiful flowers in *pushpaputa*.

- ◆ Contracted in sadness – wanting to be embraced with *utsanga*.



- ◆ Eyes to the corner – looking secretly and hiding something with *sampa*.

ACTIVITY 18.3**EXPRESS TWO OPPOSITE EMOTIONS**

Choose partners, discuss one pleasant emotion and one emotion that has been disturbing for you. Enact the emotions to your friend, explaining the situation.

Try to be aware and use your eyes and hand gestures. Identify the senses that have been used for the emotion. Now, team up with other friends and make a story creatively with the situations and emotions expressed.

Opposite emotions

Brave



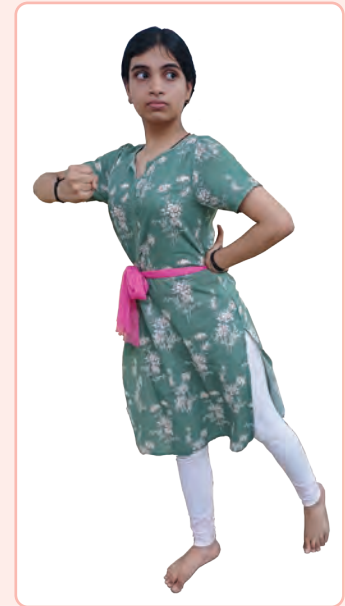
Fear

**Opposite emotions**

Happy



Angry



Discuss the above activities in class and draw your emotions and share.

Example: You can collect bottle caps and draw your emotions or emojis on the cap. Share and exchange the emotion caps with your friends.

Note to Teacher: Any material can be used for drawing emotions.



ACTIVITY 18.4 MY DANCE HAS PROPS

Dupatta is used as peacock feather



Use of rubber bands like a puppets dancing



Props are used by many dance forms in the country. Some of the props include, **sticks** of Garba dance from Gujarat, **bamboo poles** of Cheraw dance from Mizoram, etc. You must have seen other props being used when you were looking at dances from different regions in earlier activities. Props are also used in dance to help with choreography.

ACTIVITY 18.5 **IMAGINARY PROPS**

Panthattam of Mohiniattam playing with the ball

Do You Know?

Do you know the story of Krishna and his friends playing with the ball?

- ◆ Try different movements that you can use to show playing with the imaginary ball.
- ◆ Then, put these movements with dance steps and use *hastas* to compose a dance of Krishna and friends playing with the ball.
- ◆ Can a four beat rhythm of the melodious flute suit this dance?

You can also use imaginary props. Many Indian dance forms have sequences where playing with the ball is shown with an imaginary ball. For example, the *Panthattam* of *Mohiniattam* or the *Kanduk khel* of Manipuri.

Note to Teacher:
Teacher can use any flute music that is easily available.

ACTIVITY 18.6

EXPRESSING WITH YOUR FIVE SENSES

Do you know about the five senses? seeing, hearing, smelling, tasting and feeling. Wherever you are or in everyday life, you use these senses.

Let us match the senses with seasons, actions and expressions of dance. Select a story or song of nature from your region. Now, explore your emotions with the senses in the story.

Note down below:

◆ What do you see?



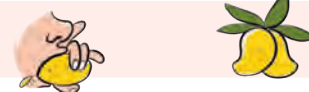
◆ What do you hear?



◆ What do you smell?



◆ What do you taste?



◆ What do you feel on your body?



Add in suitable dance steps with arm movements, relevant hand gestures, eye movements and expressions to show all the above senses.

ACTIVITY 18.7 **STORYTELLING DANCE**

Now, dance this story sequence using emotions, eyes and eyebrows, arm movements, hand gestures, steps, jumps, spins and different tempos. Decide on the music you will use for this. You can make up a song with your story using musical notes learnt in music class or beats using a drum or sticks.



Formative Assessment

CHAPTER 18 – MY DANCE EXPRESSES EMOTIONS AND NARRATES STORIES

CG	C	Learning Outcomes	Teacher	Self
2	2.1	Comfortable to express various emotions.		
2	2.1	Creatively expresses emotions through the eyes, eyebrows and hand gestures.		
2	2.2	Uses various emotions to narrate the story.		
3	3.1	Displays creativity in using actual and imaginary props.		
4	4.1	Eagerness to present five senses through the dance.		



Teacher's observations: _____

Other comments: _____
