

STUDENT'S WORKSHEETS

FOUNDATION PROGRAMME FOR
LITERACY, NUMERACY AND SKILLS

DANCE



GRADE 7

TITLE OF CARD :
Indian Classical Dances of India



MOE
MAHATMA GANDHI INSTITUTE
2026

TABLE OF CONTENTS

Student's Worksheet	01
Introduction	02
Kuchipudi & Kathak	03
Kathakali & Odissi	04
Manipur & Mohiniyattam	05
Activity 1	06
Activity 2.1	07
Activity 2.2	08
Activity 3	09
Activity 3	10
Self Assessment.....	11

GRADE 7

STUDENT'S WORKSHEET

Card 6

**TITLE OF CARD :
CLASSICAL DANCES OF INDIA**





Introduction

India has many beautiful classical dances. Each dance comes from a different place and has special movements, music, and costumes.

<https://www.youtube.com/watch?v=Jjr8vZFLiXc>

1. **Bharatanatyam** - Tamil Nadu
 - o Strong posture, bent knees (Araimandi)
 - o Expressive eyes and hand gestures



2. **Kathak** – North India (Uttar Pradesh)

- o Fast footwork
- o Chakkar or Turn



3. **Kathakali** – Kerala

- o Colourful makeup and costumes
- o Strong facial expressions



4. **Manipuri** – Manipur

- o Gentle and flowing movements
- o Inspired by devotion and nature



5. **Odissi** – Odisha

- o Curved body posture (Tribhanga)
- o Soft and graceful movements



6. **Kuchipudi** – Andhra Pradesh

- o Graceful movements
- o Combination of dance and drama



7. **Mohiniyattam** – Kerala

- o Soft, feminine movements
- o White and gold costume





Activity 1

Name the Dance

Identify the names of the Indian classical dances through the pictures given below:





Activity 2.1

Match the Dance to the State

Draw a line to match:

Bharata Natyam	Uttar Pradesh
Kathak	Kerala
Kathakali	Manipur
Manipuri	Andhra Pradesh
Odissi	Kerala
Kuchipudi	Tamil Nadu
Mohini Attam	Odisha



Activity 2.2

Paste or place the card on the map.





Activity 3

Move Like a Dancer

Tick ✓ what you tried:

- ✓ Strong posture
- ✓ Soft hands
- ✓ Turning movement
- ✓ Facial expression

How did you feel?

Happy Excited Shy



Activity 4

Colour

Colour the Kathakali mask below:





Self Assessment

I can name Indian classical dances:

Yes A little Not yet

I enjoyed moving like a dancer:

Yes Sometimes Not yet

I respect different cultures:

Yes Learning Not yet

My Overall Feeling About This Lesson

★ ★ ★ I loved it!

★ ★ It was good

★ I need more practice



**MOE
MAHATMA GANDHI INSTITUTE
2026**