

STUDENT'S WORKSHEETS

FOUNDATION PROGRAMME FOR
LITERACY, NUMERACY AND SKILLS

DANCE



GRADE 9

TITLE OF CARD :
HAND GESTURES FOR CREATIVE EXPRESSION



MOE
MAHATMA GANDHI INSTITUTE
2026

TABLE OF CONTENTS

| | |
|--|-----------|
| Student's Worksheet | 01 |
| Introduction | 02 |
| Single Hand Gestures | 02 |
| Double hand Gestures | 03 |
| Activity 1 & Activity 2 | 04 |
| Extension Activity 3 | 05 |
| Self Assessment | 06 |

GRADE 9

STUDENT'S WORKSHEET

Card 5

**Title of Card: Hand gestures for
creative expression**



Introduction

Human beings have always used their hands to express themselves as a support to words. Many messages can be expressed and communicated with the hands and at times it can even replace words.

As learnt in Grade 7 and Grade 8, hand gestures are used to beautify dance movements. They are also used as a code to symbolize various things and act as a support to express emotions in dance.

In all Indian classical dances, hand gestures are called Hastas or Mudras and they are classified as Single (Asamyuta) and Double (Samyuta) hand gestures.

As a recapitulation, here are the 28 Single and 24 Double hand gestures.



Single Hand Gestures





Double Hand Gestures





Activity 1

- Start with a warm-up activity, for example the teacher performs 5-6 hand gestures either single or double.
- The students will recite and imitate as quickly as possible.
- The teacher can increase the speed for fun.
- Students who cannot remember will repeat slowly with the teacher.



Activity 2

- Divide students into small groups.
- Each group will receive 3 animal picture cards.
- Students choose appropriate hand gestures to represent each animal picture.
- Teacher encourages the use of combined hand gestures to enhance the meaning.



Extension Activity

- Provide students with 3-5 theme options such as: a visit to the market, a rainy day or a walk in the forest.
- Students can work individually or in groups.
- Students must perform their gesture scene silently.
- Peers must guess the theme based solely on the expressive hand gestures.



Self Assessment

Name:

Date:

Answer the following multiple-choice questions.

1. What are hand gestures called in Indian Classical dance?
 - a) Mudra
 - b) Nritta
 - c) Talam
 - d) Abhinaya
2. How many single (Asamyuta) hand gestures are there?
 - a) 10
 - b) 28
 - c) 15
 - d) 24
3. How many double (Samyuta) hand gestures are there?
 - a) 12
 - b) 20
 - c) 24
 - d) 30

4. What is the purpose of using hand gestures in dance?

- a) To make the dance faster
- b) To beautify movements and express meaning
- c) To replace music
- d) To practice hand strength

Word Puzzle

Find the following words hidden in the puzzle.

Mudra- hasta- single-double- animal- gesture- express- dance

CDEMUDRAJKLEFIOO
SILETSINGLEPPQTUR
ADMANIMALFFQWRP
DOUBLEXZUPIIRSTYB
EXFTRSSHASTACVBPL
VASEXPRESSSGSATYER
SSFRTASDANCEHDABP
TTERIOPGESTUREERT

Tick the emoji that best represents how you feel about each statement.

| Learning Statement |  I did very well |  I did ok |  I Need more practise |
|---|--|---|---|
| I can identify some single and double hand gestures. | | | |
| I can perform the hand gestures shown by the teacher. | | | |
| I can work with my group to choose gestures for animal pictures | | | |
| I can use hand gestures to express ideas creatively. | | | |
| I participated actively in the warm-up and group tasks. | | | |



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