

TEACHER'S GUIDE

FOUNDATION PROGRAMME FOR LITERACY
NUMERACY AND SKILLS

DANCE



GRADE 9

TITLE OF CARD :
HAND GESTURES FOR CREATIVE EXPRESSION



MOE
MAHATMA GANDHI INSTITUTE
2026

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GRADE 9

GUIDE TO EDUCATORS

Card 5

Title of Card:

SINGLE & DOUBLE

**HAND GESTURES FOR CREATIVE
EXPRESSION**

Competency:

Creativity

Students should demonstrate the ability to use non-verbal communication through hand gestures.

Element 1.1

Use non-verbal communication through hand gestures.

Performance Criteria

- **Level 1:** Identify the names of the hand gestures.
- **Level 2:** Apply the use of hand gestures to demonstrate objects, animals and ideas.

Purpose of the Activity

To help students understand that hand gestures are an important form of non-verbal communication.

To encourage creativity by using hand gestures to represent objects, animals, emotions and ideas.

To develop students' expressive skills and confidence in creative performance.

Learning Outcomes

At the end of this lesson, students should be able to:

- Identify and name different hand gestures.
- Use hand gestures to demonstrate simple objects, animals and ideas.
- Combine hand gestures creatively to tell a short story.

Resources & Materials

- Flashcards showing different hand gestures
- Pictures of objects/animals (to inspire gesture creation)
- A short video clip demonstrating simple gestures (optional)
- Whiteboard and markers
- Space for movement

Teaching Trajectories/ Implementation guidelines



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



Pataka



Tripataka



Ardhapataka



Kartarimukha



Mayura



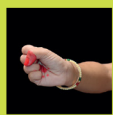
Ardhachandra



Arala



Shukatunda



Mushti



Shikhara



Kapittha



Katakamukha



Suchi



Chandrakala



Padmakosha



Sarpashirsha



Mrigashirsha



Simhamukha



Kangula



Alapadma



Chatura



Brahmara



Hamsasya



Hamsapaksha



Samdamsha



Mukula



Tamrachuda



Trishula



Double Hand Gestures



Anjali



Kapota



Karkata



Chakra



Samputa



Pasha



Swastika



Dola



Pushpaputa



Kilaka



Matsya



Kurma



Utsanga



Shivalinga



Katakavardhana



Varaha



Garuda



Nagabandha



Kartariswastika



Shakata



Shankha



Khatwa



Bherunda



Avahitta



Activity 1

- Start with a warm-up activity ; 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.



Assessment Criteria

Identification of Hand Gestures

- The student should be able to name and recognize the hand gestures taught.

Application of Hand Gestures

- The student should be able to use hand gestures correctly to represent objects, animals, emotions and ideas.

Creativity in using Hand Gestures

- The students should demonstrate imagination when combining gestures.

Clarity of Expression

- Gestures should be clear and visible.

Participation and collaboration

- Students should contribute actively during individual/ group tasks.



Assessment Rubric

Criteria	Basic	Intermediate	Proficient
Identification of gestures	Struggles to identify gestures	Identifies most gestures	Correctly identify all gestures with confidence
Application of gestures	Gestures are incorrect	Generally accurate with minor error	Uses gestures accurately and meaningfully
Creativity	No creative effort shown	Shows creativity in some parts	Original ideas and very creative
Expression and clarity	Difficult to interpret	Mostly clear and expressive	Clear and expressive
Participation	Disengaged	Participates fairly	Fully engaged and participates actively



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.

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