

STUDENT'S WORKSHEETS

FOUNDATION PROGRAMME FOR
LITERACY, NUMERACY AND SKILLS

DANCE



GRADE 9

TITLE OF CARD :
EXPRESSING EMOTIONS THROUGH MOVEMENT



MOE
MAHATMA GANDHI INSTITUTE
2026

TABLE OF CONTENTS

Student's Worksheet	01
Introduction	02
Tirashchina & Parivartita	03
Prakampita & Nritta	04
Nritya, Tandava & Tandava	05
Lasya & Abhinaya	06
Activity 1 & Activity 2	07
Extension Activity & Dance Sequence	08
Group Choreography	09
Self Assessment	10

GRADE 9

STUDENT'S WORKSHEET

Card 6

Title of Card:

***Expressing emotions through
movement***



Introduction

Dance is considered as non-verbal communication through which an emotion, an idea or a story can be conveyed. In order to communicate through the medium of dance, the whole body is used along with the face.

In Indian classical dances there are specific codes of gestures that are used for expressions for example the single and double hand, eyes movements, head movements and neck movements.

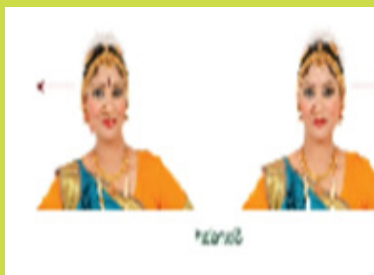
Neck movements in Indian classical dances are called Greeva Bhedas.

They are of four types:



Sundari

- move from right to left.





Tirashchina

- moving like a question mark on both sides



Parivartita

- moving diagonally from right to left





Prakampita

- moving from back to front



Apart from gestures, there are different terms to categorize distinct facets in dancing in Indian classical dances.

These different facets as used in Indian classical dance are known as Nritta, Nritya, Natya, Tandava, Lasya and Abhinaya.



Nritta

- Nritta is often referred to as pure dance. The movements and hand gestures are beautiful, decorative, and graceful with rhythmic patterns of footwork.





Nritya

- Nritya is known as expressional dance. Nritya dance compositions are used to interpret the lyrics of the song through hand gestures and facial expressions along with body movements.



Natya

- The word Natya is derived from 'Nata' which means actor. Natya is a combination of acting with dialogue, music and dancing.



Tandava

- Tandava is considered as the masculine aspect of dance. These forms of dance consist of forceful and vigorous movements with heavy steps.





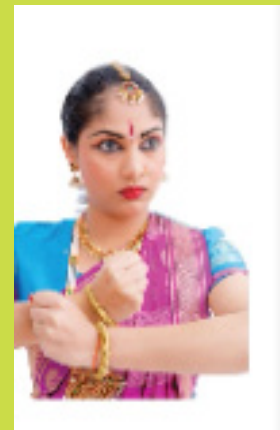
Lasya

- Lasya is considered as the feminine aspect of dance. It is graceful and soft with light steps



Abhinaya

In Indian classical dances, abhinaya is the expressional aspect of dance where the dancer interprets the lyrics of a song.



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Activity 1

Emotion through facial expression and neck movements.

- Teacher displays emotion flashcards (Joy, fear, sadness, anger, surprise).
- Students select one emotion.
- Teacher demonstrates the four neck movements.
Sundari -side to side
Tirashchina- question mark
Parivartita- diagonal right & left.
Prakampita – front & back.
- Students practice the movements slowly with soft instrumental music.
- Students perform the chosen emotion using:
Appropriate neck movements
Matching facial expressions



Activity 2

Pure to expressional dance transformation

- Teacher demonstrates a short Nritta sequence.
- Students practice the sequence focusing only on techniques.
- Teacher assigns different emotions (sadness, joy, fear, surprise).
- Students repeat the same sequence but add facial expressions and neck movements.
- Students perform in pairs or small groups.



Extension Activity

Rhythms of the Sea- A Fisherman's Journey

- Start with a warm-up activity- begin with brisk walking, side steps and gentle jogger in place.
- Inhale as arms rise like waves overhead.
- Exhale as arms slowly roll down like water.
- Add torso sways side to side to mimic the sea.
- Step one leg forward, reach both arms across the body as if casting a net.
- Pull back the net, using full body.
- Squat down to make as if you are lifting a fish basket.

A fisherman begins his day early. He rows out to sea, casts his nets, faces the sun, the waves and sometimes the storm. He returns with his catch and pride sharing it with his family and community.



Dance Sequence

Break the journey into 5 themed segments. Teach each in sequence.

- A. Morning Preparation (Slow movements)**
- Waking up, stretching of the body
 - Mime movements of lifting nets, buckets.
 - Putting on clothes

B. Rowing to sea (Rhythmic, Repetitive)

- Simulate rowing
- Mimic balancing on a boat

C. Casting the nets in wide sea

- Throwing nets in wide sea
- Pulling back heavy nets (show effort)

D. Facing the storm (fast, chaotic movements)

- Sudden spins and drops
- Group circle to form storms
- Use foot to mimic thunder.

E. Returning home (joyful)

- Lighter movements
- Group circle to dance.

Each scene must include:

Neck movements

Facial expressions

Pure dance movements (Depending on the style of dance)



**Group
Choreography**

- Combine the movements into a short choreography.
- Each group will link their movements creatively to form a dance sequence.

Practice and perform the choreography in synchronization



Self Assessment

Name:

Date:

1. Crossword Puzzle

Complete the crossword using the following words:

Sundari, Nritya, Nritta, Natya, Tiraschina, Parivartita, Prakampita, Expression.

Write the answers beside the clues.

Across

a) Pure dance with rhythmic patterns of movement.

.....

b) Expressional dance that uses gestures and facial expressions.

.....

c) Neck movement that goes side to side.

.....

Down

d) Dramatic aspect of dance involving acting.

.....

e) Neck movement that looks like a question mark.

.....

f) Neck movement done diagonally.

.....

g) Neck movement from front to back.

.....

2. Answer the following multi choice questions.

Circle the correct answer.

1. Which term refers to pure dance without expression?

- a) Nritya b) Nritta c) Natya

2. Which Greeva Bheda moves like a question mark?

- a) Parivartita b) Tirashchina c) Sundari

3. Which element focuses on storytelling through acting?

- a) Nritta b) Natya c) Lasya

4. Which aspect is known for soft and graceful movements?

- a) Tandava b) Lasya c) Abhinaya

3. Answer the following short-answer questions.

1. What is the purpose of using facial expressions in dance?

2. Name any two Greeva Bhedas.

3. Explain how Nritya is different from Nritta.

4. Write one emotion you can express through dance and how you would show it.

Emotion: _____

How I show it: _____

4. Tick the emoji that matches your feeling.

Skill	 I did very well	 I did ok	 I Need more practise	 I found it difficult
I can use facial expressions to show emotions.				
I can perform at least 2 Greeva Bhedas correctly.				
I can explain the difference between Nritta and Nritya.				
I can express an emotion clearly through movement.				
I participated actively in all activities.				



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