

Findings

1. **Participation and Engagement:** Most children enthusiastically participated in all activities, particularly in games involving music and movement.

A few children initially hesitated but joined as the session progressed.

2. **Emotional Expression:** Many children showcased joy and excitement, and the art activity revealed a range of emotions, including happiness, curiosity, and a sense of accomplishment.

3. **Social Interaction:** Activities like "Ring-a-Ring-a-Roses" and "Passing the Movement" encouraged teamwork and improved group dynamics.

4. **Physical and Cognitive Development:** The activities effectively supported gross motor skill development and improved attention and coordination.

5. **Challenges:** A few children found it difficult to follow complex instructions, reflecting the need for simplified and repetitive guidance.

Response from Participants

The children were highly receptive to the session and frequently requested to repeat certain activities, especially Freeze Dance and Walking Like Animals.

Teachers observed that the children were more cheerful and communicative post-session.

Conclusion and Recommendations

The art and dance movement therapy session successfully met its goals of fostering emotional expression, improving social interaction, and enhancing physical coordination among the children.

Moving forward:


Increased Frequency: Regular sessions could help sustain the positive effects.

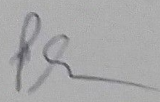
Tailored Activities: Including simpler, repetitive instructions for younger children to accommodate varying attention spans.

Integration of Art: Art can be further incorporated to provide deeper emotional exploration opportunities.

Parental and Teacher Engagement: Involving teachers or caregivers in some activities might enhance the children's comfort and provide continuity beyond the session.

This session highlights the power of creative arts in addressing emotional and developmental needs in young children from underprivileged backgrounds.


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