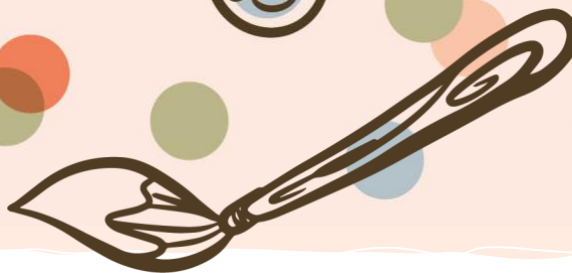


## Artist's



Artist Name or Organisation: Minoti Parikh

Art-form: Bharatnatyam- Indian Classical dance  
form

Activity Name: Poetry and movement

## Logbook

### Instructions

Please include a list of equipment and supplies needed to complete your activity with a written step-by-step guide.

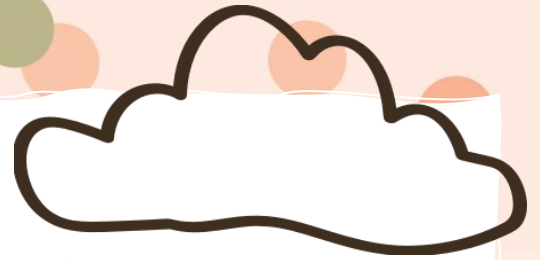
#### You will need:

- Pen/Pencil
- Paper

#### How to:

- 1- This activity will help us learn a few movements inspired by Indian Classical dance and we will learn how to express through movements. You can do this activity in a seated or standing position.
- 2- We are going to do a short poem and movement based activity that draws inspiration from nature.
- 3- I would like you to grab hold of a pen and paper and write down the first word that comes to your mind when you think of - Water, Fire, Earth. This will help you get ready for the poem we are about to set movements on.
- 4- Let us set movements to this poem - I am as resilient as earth; I am as fluid as water. I am as powerful as fire and I bring joy to others every day.
- 5- This poem is a great example of saying positive things to yourself to bring more joy to everyday life and create joyful movements with your family and friends.





I am as resilient as Earth



I am as fluid as water



I am as powerful as fire



I bring joy to others everyday

