



MUDRAS: A DANCE LANGUAGE FROM INDIA

IDEAL AGE: 3+

Learn a dance sign language from India called mudras, meaning “gestures”, with CMOM partner The Culture Tree and storyteller Akruti Babaria.

LEARN TOGETHER

Through dance and movement children develop an awareness and understanding of other cultures and of the world outside themselves.

MATERIALS

- Computer, tablet, or phone to watch the video
- Space to stand and imitate the storyteller’s mudras

MOVE TOGETHER

Mudras, meaning “gestures”, are used in most classical Indian dance forms to communicate a story as well as in yoga. Some mudras involve the entire body, but most are performed with the hands and fingers.

- 1 Listen and watch the story of [little Krishna and his mother, Maiya Yashoda](#). The story is performed by [The Culture Tree’s](#) partner Akruti Babaria. Akruti narrates this story using mudras. Watch Akruti as she uses each mudra sign to tell the story.
- 2 Watch the video again and try to dance each mudra with Akruti.
- 3 Try to learn 3 mudras and act each one out.
- 4 Now make your own mudras! Choose a gesture that represents your name, your home, your pet, etc. How many can you come up with? See if you can tell a story with mudras.



For more fun activities, please go to cmom.org/resources

