

# DIWALI (RECEPTION)

**Learning Intention:** How can you move in time to the music?

**Physical Development:**

**Negotiate space and obstacles safely; with consideration for themselves and others.**

**Demonstrate strength, balance and co-ordination.**

**Move energetically, such as running, jumping, dancing, hopping and skipping.**

## Starter: What is Diwali?

**Watch the clip and discuss the key themes with the children:**

<https://www.youtube.com/watch?v=zXIZpwCaFxl>

**Key themes:** The festival of Diwali; the story of Rama and Sita; light vs dark, good vs evil; good deeds shining like lights in the darkness.

## THEME 1: Lights in the Darkness

Suggested Music: Track 1

**The Festival of Lights celebrates the Hindu New Year. It is a celebration of the victory of light over darkness and the triumph of good over evil. That all good deeds sign like lights in the darkness.**

### Activity 1 - Dark & Evil

**1. Children to find their own space.**

**2. Children to listen to the music. Explain to them they are going to represent evil/darkness. What does the music make them think of? What type of movements will they need?**

**E.g. stealthy, sneaky, haunting, mischievous, spikey, sharp, low, slow, wide.**

**3. Get the children to explore moving around the room to the music using the movement ideas discussed.**

### Activity 2 – Light and Good

#### MUSIC TRACK 2

**1. Let's now try the opposite. Get them to listen to the music. How can we move with the quality of Love, light, hope and happiness? How will this idea change our movements?**

**E.g. happy, bouncy, high, light, soft, large, lightly jumping, etc.**

**2. Get the children to explore moving around the room to the music using the movement ideas discussed.**

### Activity 3: Lights in the Darkness

#### MUSIC TRACK 3

1. Children to find their own space.  
2. Get them to think about how we might show the light shining in the darkness through our movement: e.g:

- Cupping our hands together and walking around as if holding a candle
- A Star shape stood or lying on the floor
- Fingers wiggling or opening and closing like lights flashing
- Spinning in a star shape
- Running and leaping like sparks of light
- Waving both arms over head in a rainbow arch

3. Get them to have a go at each movement in the space to the music

4. Get the children into their pairs and choose 2-4 of their favourite movements and move around the room as a follow the leader.

5. Children to swap who leads.

## THEME 2: The Story of Rama and Sita

Activity 1: Watch the clip and discuss the meaning of the story with the children:

<https://www.youtube.com/watch?v=uRpNNF4fB4g>

#### MUSIC TRACK 4

Activity 2: Hunting in the forest

Children to explore moving around the room creeping on their tummy, knees, tip toes, gesturing hunting actions, hiding and stillness.

Activity 3: The golden deer

Children to move around the room travelling as the elegant deer, maybe with arm gestures as antlers? Galloping, leaping, hopping etc.

Activity 4: Monkey madness

Get the children to explore the movements of a monkey. Travelling by: Shuffling, rolling, turning, jumping, swinging, pouncing.

Activity 5: Wild waves

Children to explore moving as water and waves: swaying with the body and rippling with the arms to suggest waves. Can you use of different strength and speed?

Activity 6: Building bridges

Children to find their partner and make a bridge shape by facing each other and linking hands in an archway above their heads.

Activity 7: Celebration

Children to explore moving around as if they are celebrating: Skipping freely through the space with light, bouncy, high steps.

Families gather to pray and worship God, eat food and celebrate with music, dancing and fireworks.

### Activity 1: Mudras

#### MUSIC TRACK 5

Symbolic gesture of the hands and fingers used either in ceremonies and dance or in sculpture and painting.

1. Children to find a space and sit cross legged on the floor.
2. Use the **Mudra video/ resource** to try the hand gestures.
3. Can you set the gestures to counts in the music? E.G: Change for 4 counts and hold for 4 counts.

#### RECEPTION MUDRA RESOURCE

### Activity 2: Fireworks

#### MUSIC TRACK 6

1. Spread the children out in the space. They are going to be fireworks.
2. Children are given action commands based on firework sounds:
  - BANG – A star jump
  - POP – squat down low and jump up in a straight line with both arms stretch above head
  - SIZZLE – The twist (twisting hips and arms from side to side)
  - RUMBLE – fast run on the spot lifting knees high
  - WHIZZ – A fast spin or turn on the spot
  - CRACKLE – shooting arms out in different directions
3. The children walk around the room weaving in and out of each other. When the teacher shouts STOP the children FREEZE and STOP WALKING. The teacher then calls out one of the command words.  
Extension: Start with just one command word at first, then make it more challenging with two or three in a row e.g. BANG, SIZZLE, WHIZZ.

### Activity 3: Bollywood Diwali Dance

1. The children watch the clip to learn about Bollywood Diwali Dance:

<https://www.youtube.com/watch?v=apOJcwE4fDQ>

2. The children learn a Bollywood dance from the video

3. Take time to practise the dance so all the children know it

#### MUSIC TRACK 7

## COOL DOWN

Children move around the round, changing the speed of travel from a fast to a slow walk to bring the heart rate down.

They then lie on the floor and stretch out into a star shape on their back and then slowly tuck themselves into a ball. Repeat a few times.

## PLENARY

Did you enjoy learning about Diwali? Can you tell me why Diwali is celebrated? How did you move in time to the music?

What was your favourite part and why?