

# HOLI (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, skipping and climbing.**

**Starter: What is Holi?**

**Suggested Resource: Video**

**Share the video link and discuss the festival with the children.**

**<https://www.youtube.com/watch?v=E7NZEtivn0s>**

**TP: Some important aspects to consider are:**

- The celebration of Spring time and new beginnings
- The theme of love and meeting and being with others
- The importance of the Holi as a celebration of colours that are thrown in the celebrations
- The worship of many Gods

**ACTIVITY 1: Krishna**

**Suggested Music: Track 3**

**Krishna: is the god of protection, compassion, tenderness, and love; and is one of the most popular and widely revered among Indian divinities. He wants us to be happy and have love and peace in the world. Important as Holi has an underlying theme of love and peace.**

**1. Get the children facing each other in pairs and get them to try the following movements with their partner that represent LOVE.**

**E.G:**

- A hand shake
- A hug
- A balance/support
- Open arms out to each other
- Holding hands and turning in a circle

**See an example dance (video)**

## ACTIVITY 2: Worship & Prayer

Suggested Music: Track 4

Visiting the temple to pray is something that Hindus do daily and a very important part of Holi.

The teacher leads the children through going to the temple to pray:

- Bow as a greeting to the temple with palms together
- Walk around shrine whilst spreading incense
- Bring an offering (gift)
- To be quiet and think (meditation and silent prayer)
- Pray to their god/s on their mat (often chanting the name of their gods)

See video as an example

## ACTIVITY 3: The Celebration of New Beginnings

Suggested Music: Track 5

Holi is also called spring festival as this day marks the end of the gloomy winter and the beginning of spring.

1. The children find their own space in the room

2. The teacher guides them through movement connected to spring:

- Seeds, plants and trees growing
- Animals hatching
- Animal movement, like rabbits, chicks and birds
- Flowers in bloom
- The sun rising
- Being the spring rain falling

E.G:

1. Crouch down as tiny acorn seed in the ground, slowly grow upwards and spread arms out wide as branches.
2. Wriggle like a tadpole, transform into a hopping frog, crawl like a caterpillar; fly and flutter as a butterfly, hop and leap like a sheep or rabbit.
3. Curl up like an egg; hatch into a little cheeping bird with beak wide open for food; start to flap and fly.
4. Start in a tight ball, slowly stand and open arms out wide like the sun rising, then wiggle fingers and sway from side to side like the rain falling.

1. Show the children the clip and explain the important of the Holi colours and how they are used in the Holi festival.

<https://www.youtube.com/watch?v=mfP7zaVKuco>

During Holi bright neon powder (gual) is used to wish the Gods and Goddesses a Happy Holi. The powder is thrown over everyone when dancing, singing and celebrating. Each colour represents many important things, many of the things we have been using already in our dance lessons so far.

**Orange** - is the colour of the sun, which represents a new day

**Yellow** – the colour of knowledge and learning, symbolising happiness, meditation, and peace

**Green** – the colour of nature, symbolises the start of spring and new beginnings

**Pink** - the colour of caring and compassion

**Purple** - can symbolise magic and mystery

Our Holi dance shows many of the things that the colours represent: starting in a meditation and peace pose, then growing up like the sun into the new beginnings of spring, ending in celebrating and throwing the colours showing happiness and magic.

2. Spread the children out in the space. Can they dance around HAPPY in celebration as they pretend to throw the Holi powder?

The children can leap, hop, gallop, skip, turn around in the space, then pretend to pick up and throw the powder up into the air and around the room.

### 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.

### PLENARY

Did you enjoy learning about Holi?  
What is your favourite part about it and why?