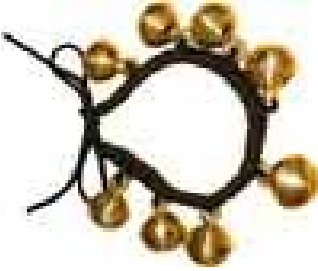



Cultural Activities

Activity Name	Dance with your Ghungroos
Activity Background	Indian
	
Aim	<ul style="list-style-type: none"> • Gaining knowledge of different cultural practices and world views • Children are connected with and contribute to their world • Children are confident and involved learners
Supporting Information	<p>Ghungroos (also Ghungru) are musical accessories made up of small bells, which are tied to the ankles of classical Indian dancers.</p> <p>Ghungroos are used to maintain the rhythm and tempo of the dance steps and the other musical instruments being played.</p> <p>The amount of bells worn by a dancer typically depends upon their skill and experience. Skilled dancers are able to vary the sounds the bells make through intricate movements and tempo patterns.</p>

<p>Required Materials</p>	<ul style="list-style-type: none"> • Long pipe-cleaners in black, dark-blue, red or purple • Craft bells • String
<p>Method</p>	<ol style="list-style-type: none"> 1. Thread and tighten the bells onto the pipe cleaner. 2. Once all of the bells have been fastened onto the pipe cleaner, twist the ends into loop hooks. 3. Tie and fasten the string through one hook and tie, shoelace style, around the ankle.
<p>Safety Aspects</p>	<p>Difficulty: Suitable for ages 4+</p>
<p>Ideas for extending the activity</p>	<p>Watch a film or performance of Indian classical dance. Learn a sequence from an Indian classical dance while wearing your ghungroos. Experiment with how to vary the sound and pitch of the ghungroos by the way you move and dance.</p>
<p>References and additional information materials</p>	<p>http://www.tarang-classical-indian-music.com/indian_musical_instruments/ghungroos.htm http://www.focustoindia.com http://chandrankantha.com/articles/indian_music/nritya.html http://www.culturalindia.net/indian-dance/classical/index.html</p>