

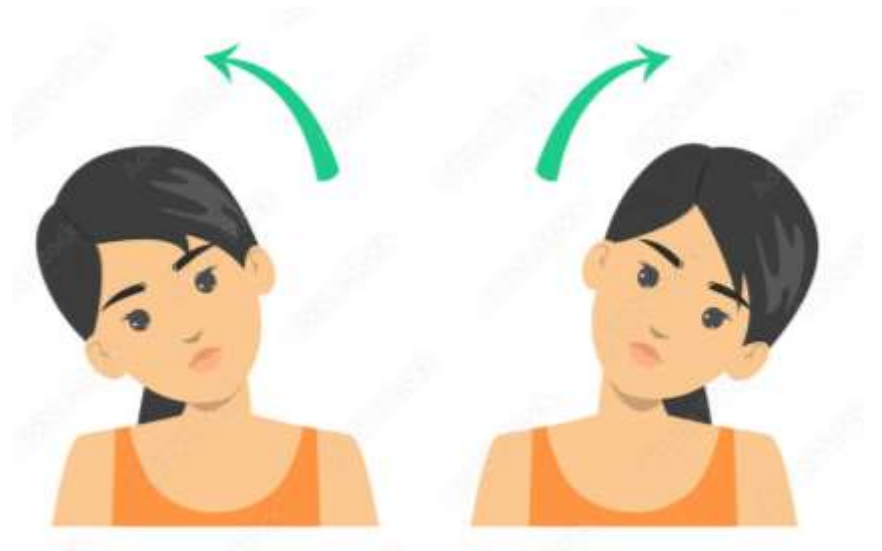


Morning assembly Program

Academic year
2024/25

Neck Stretch

"Tilt your head to the right and hold. Now, to the left."



"Roll your neck gently in a circle."



Vocabularies: Head, Neck, Right, Left, Circle

Shoulder Rolls

“Roll your shoulders , forward, now backward.”

Vocabularies : Shoulders, Forward, Backward



Arm Stretch

Stretch your right arm across your chest and hold it with your left hand."
"Now switch to the other side."

Vocabularies : Arm, Chest, Hold, Switch



Side Stretch

“Reach your right arm over your head and stretch to the left side.”

“Now, switch to the other side.”

Vocabularies: Reach, Over, Head, Side, Switch



Toe Touch

“Bend at the waist and try to touch your toes.”

“Hold it for a few seconds”

Vocabularies: Bend, Waist, Touch, Toes, Hold



Leg Stretch

“**Step forward** with your right **leg** and **bend** it slightly. Keep your left leg straight”

“**Switch** legs and repeat”

Vocabularies: Step, Forward, Leg, Bend, Straight, Switch



Deep Breathing

“Inhale deeply through your nose, raise your arms above your head.”

“Exhale slowly through your mouth, lower your arms.”

Vocabularies: Inhale, Exhale, Deeply, Raise, Above, Lower

