



I was at my best friend's birthday party last month. Her name's Isabella and the party was at her house on 12th May, from 6 pm to 9 pm. It was a really big party. All her friends and family were there, and we were so excited about it. There was lots of food – pizza, salad and of course cake! It was all really nice. Isabella was nervous before the party, but she was fine when everyone was there. It was a really brilliant evening!



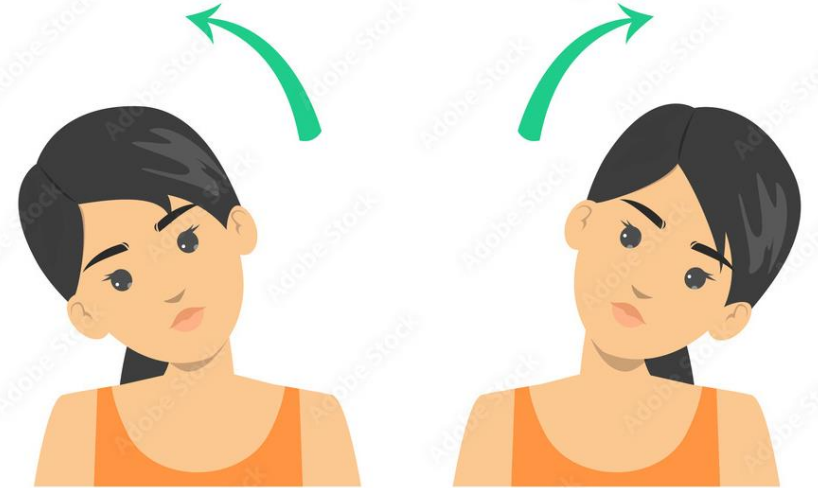
**Alavi**

# 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

