

## Morning Assembly Class 1 A

Date: 02.08.17

Theme:- HEALTHY EATING



The assembly began with National song, prayer, OM chanting, golden silence and National Anthem. It was followed by News and thought of the day-“Being healthy means eating right, feeling fit, strong and confident.” This message was conveyed by kids through various quotes and slogans. The tiny tots narrated a story motivating others to eat variety of food items that give the nutrients we need to maintain health, feel good and have energy. It was followed by a song sung by kids- “Jump, jump, jump up high” showcasing the importance of exercise. Some students enacted as fruits and vegetables and shared the benefits of eating fresh fruits and vegetables. The assembly was concluded by a dance performance by students-“ We learn to stay healthy---”. Class teacher interacted with kids and motivated them **to eat healthy food items, stay fit and keep smiling.** All the kids participated with great zeal and gusto. There was 100% participation.