

October 11, 2024

Good morning I.S.201! This is Grace Zhang from class 732, here with you on behalf of the S.E.A.L. Team.

They say that happiness begins at home, and that you can't make others happy without being happy yourself.

Today is National Spread Joy Day, a special time that shows us to appreciate the good things in life. This is a day that we can dedicate ourselves to putting a smile on our face, or someone else's day all day long, no matter what happens. It encourages people to put effort into sharing happy moments with their friends and family.

Start by making your teacher or a friend's day. You can do something as simple as saying good morning, or saying thank you to the lunch ladies who serve you lunch every day. You can hold the door for someone, or even give a compliment to the people you see.

By doing these simple acts of kindness, you can brighten up someone's day. You might not realize it, but it's true! So, no matter what happens, focus on the positive things, and not the negative things.

Thanks for listening and have a Focus on the Positive Friday 😊

The affirmation of the day is: "I am proud of who I am becoming."

SEAL Team pledge:

We are the Dyker S.E.A.L. Team

Positivity is our dream

We teach it every day

To help others live the optimistic way

We learn to control our emotions and feelings

So, we always have effective social dealings

No stone left unturned; no person left behind

Every member of our team has the power to be kind

We spread kindness to our friends, families, and those who need a smile

When facing hardships and adversity, the S.E.A.L. Team goes the extra mile

