

June 11, 2024

Good morning, I.S 201! This is Nicole from class 851 here for Talk a Lot Tuesday on behalf of the S.E.A.L. Team.

Today is National Making Life Beautiful Day. Today's celebration encourages us to look out for ways to improve our lifestyles and brighten up our mindset with more positivity. It is also dedicated to those people in our lives who take it into their own hands to make life beautiful. Whether you're creating beauty by building relationships or helping others reach their personal goals, your actions have a bigger impact than you know at that moment. You are making life beautiful not just for yourself, but for those around you, too.

Beauty comes in countless forms. Often, even if you don't notice it, beauty is everywhere around you. Whether it comes from someone sharing compassionate words or bringing hope and help to others in times of need, beauty is a thing to celebrate and appreciate.

To make life beautiful, you have to work on gaining a positive mindset and achieving personal success. When you appreciate the gifts you have in your life, it's easy to project these feelings onto others. Being optimistic and intentional about your thoughts and actions emphasizes positivity, which inspires others to keep a positive mind of their own. Smile, be thankful, and always be kind. Today, acknowledge someone you know who makes life beautiful by tagging them on social media or complimenting them in real life. Donate time or money to a cause or charity or someone in need. Or, more simply, just do something nice for someone. Hold open a door or lend

someone a pencil. You never know what actions might turn out to mean so much more.

Thank you and have a Transformative Tuesday 😊

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

