

March 21, 2024

Good morning! It's Katie from 731 and I'm here this Thoughtful Thursday on behalf of the S.E.A.L Team.

Did you know today is National Play Outside Day? Today let us be inspired by the words of Albert Einstein, a great scientist and inventor who once remarked, "Look deep into nature, and then you will understand everything better." These insightful words remind us of the wonderful lessons waiting to be discovered in the great outdoors.

So, let us follow Einstein's advice and go outside to explore, discover, and learn about nature's beauties. Let's set aside our screens and embrace the simplicity of the outdoors. Breathe in the fresh air, feel the warmth of the sun on our faces, and enjoy the outdoors. So, grab your friends and family leave behind the digital distractions and fully take in the beauty of the world outside.

Thanks for listening have a Take Time to Explore the Outdoors Thursday 😊

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

