

April 18, 2024

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

Today is Thursday, April 18th. It's also National High-Five Day! Today is all about giving high-fives and sharing positivity. Today, we can high-five friends, family, and even strangers to spread kindness to all. By high-fiving others, we can remind them of their successes, small or large. National High-Five Day is a tradition we celebrate every year on the third Thursday of April. We can use today as a day to reward and appreciate our loved ones' accomplishments and ours as well. One small high-five to you, can make someone's week, so let's make sure to spread kindness to all and share lots of high-fives to everyone! High-fives symbolize congratulations, greeting, or solidarity.

Today, let's all take a few minutes of our day to spread affection to our loved ones with a quick but meaningful high-five. We can spread high-fives all around our school community and even at home to create a positive environment for everyone! Small gestures of kindness like high-fives are ways to make others feel motivated and raise self-esteem by letting them

know how well they're doing and how you believe in them. Even if you are shy and reserved, a little gesture can go a long way in letting someone know they are doing a great job.

The affirmation of the day is "I am thankful for the opportunities to explore and discover new things."

Thanks for listening, and have a Terrific Job 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

