

February 6, 2026

Good morning I.S.201! This is Grace Zhang from class 832, here with you on behalf of the S.E.A.L. Team.

Did you know that today is Pay a Compliment Day? This day reminds us how powerful a few kind words can be. A sincere compliment can brighten someone's day, boost their confidence, and even start a chain of compliments! Even something as simple as telling a friend you like their shirt can have a big impact. Giving compliments also makes the person giving them feel good. It helps us focus on the positive instead of always pointing out what's wrong. When people get used to being kind and encouraging, it can make school and other places feel more welcoming. Pay a Compliment Day shows that being nice doesn't take much effort, but it can go a long way.

Like Frederick Douglass, the affirmation of the day is, "I believe that every person should be treated equally."

Thanks for listening and have a Flatter Friday 😊

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

