Good morning, I.S. 201! I'm Emily from 851, and I'm here on behalf of the S.E.A.L. Team for this Thoughtful Thursday.

"Hello Laura!" I just said hello to my sister, and well, I'll continue to say hello whenever I come across friends, family, neighbors, or maybe even strangers. From my perspective, "Hello" is such a simple word yet also such an impactful word towards others. This word can brighten up people and make them smile.

With that being said, today is World Hello Day! This day was created to create peace towards nations. Otherwise, on this day, we're encouraged to say "Hello" to at least 10 people. It can literally be anyone, just know this is a way of building kindness and some aspect of peace towards one another.

So let it be today to spread some positive energy, one "Hello" at a time!

Remember, you're showing kindness, peace, and even showing people that you notice them. As Minnie Mouse once said, "Remember, you're the one who can fill the world with sunshine. Hello, everybody!"

Thank you for listening and have a Talkative Thursday 3

## 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

