

October 17, 2023

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.

Good friends should be appreciated. It's important to recognize and cherish your friendships and the little things that your friends do for you. Today is National Pay Back a Friend Day, the ideal opportunity to show gratitude to your friends!

As strange as it may sound, National Pay Back a Friend Day is a good way to show those close to you how much you appreciate them. It was started by The Bank of America to demonstrate that no matter how long it's been or how much or little is owed, friendships are greater than any debt. This day was a result of a study that looked into how debt between friends impacted the relationship. Two major findings were that money is a huge stressor in friendships, and that friends would prefer to talk about almost anything - like family drama or even their insecurities - before talking about money.

There are many ways to celebrate National Pay Back a Friend Day. It doesn't necessarily have to be giving them actual money. You could send

your friends a thoughtful gift with a note attached that expresses everything you love about them. A heartfelt thank you note can also go a long way in showing how thankful you are for your friends. Another option is planning an activity with your friends. You could watch a movie, go out for ice cream, have a picnic: the options are endless. It might seem simplistic, but it shows how much you care.

So, today, remember to show your friends how much you appreciate them.

Thank you for listening, and have a Together 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

