

February 1, 2024

Good morning! It's Jason from 752 and I'm here this Thoughtful Thursday on behalf of the S.E.A.L Team.

Happy Optimist Day! Today, on February 1st, let's kick off the month with a big dose of positivity. Optimist Day is all about looking at things on the bright side, and it's a great reminder that a little optimism can go a long way. In the words of the ever-inspiring Maya Angelou, "Try to be a rainbow in someone's cloud."

As we move forward into the remaining months of the academic calendar, let's remember that having an optimistic outlook can make a real difference. Whether it's tackling a tough assignment, facing a challenging project, or just getting through our daily routines, a positive mindset can help us overcome obstacles and make the most out of every situation. So here's to a day filled with joy, encouragement, and the belief that the best is yet to come!

Thanks for listening and have a The Glass is Half Filled Thursday 😊

Affirmation of the Day: I choose to show kindness and understanding.

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

