

March 28, 2024

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

As you know, we have tomorrow and Monday off. This gives us a four-day weekend! Even if this is a short holiday, it provides us with numerous opportunities. We can use this time playing sports, visiting friends, going outside, or simply reading a book! This time can also be used for more simple acts of kindness, such as smiling at a neighbor, waving at a friend, or saying hello to a someone in your neighborhood. These acts have the potential to significantly improve someone's day!

These extra days allow us to spend more time with our families. Whether you celebrate Easter or not, this extra-long weekend can be used to reconnect and have fun with loved ones. This time can be spent doing family activities that will help you create stronger relationships and feel more connected to your family members. The four days provide at least four additional possibilities to have fun. You can engage in activities ranging from playing a family board game to viewing a hilarious movie. This provides us

with another memory to reflect on later.

Thank you for listening. Have a Time to Make Memories Thursday! 😊

Happy Easter!

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

