

April 3, 2025

Good morning, I.S. 201! My name is Venice from class 851, and I'm here on behalf of the SEAL team for this thoughtful Thursday.

Today is Walking Day. Is there anymore to it? Go take a walk today!! Find some time to get out of the house, get some exercise, and some fresh air. Taking a quick stroll can actually benefit you mentally as well. Since you are exercising, you are increasing blood flow and oxygen to your body, and that, in turn triggers the release of chemicals in your brain. These chemicals make you feel calm, collected, and just good in general. Aside from the chemicals, taking a walk can clear your mind, forcing you to take in the scenery around you and distracting you from stressful thoughts. As Henry David Thoreau once said, "An early-morning walk is a blessing for the whole day."

Thanks for listening and let's have a Take a Stroll Thursday 😊

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

