

January 29, 2026

Good morning IS 201!!! I'm Hana from 731 and I'm here with you this Thoughtful Thursday on behalf of the SEAL Team.

Did you know today is Free Thinkers Day. Free Thinkers Day reminds us that it's okay to think differently, ask questions, and be ourselves. As Winnie-the-Pooh once said, "The things that make me different are the things that make me, me."

As you go through your day, remember that your ideas matter. Don't be afraid to think for yourself, listen to others, and celebrate what makes you unique.

Like Martin Luther King Jr, today's affirmation is: "I believe love is stronger than hate."

Thank you for listening and have a Thinking 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

