

April 11, 2025

Good morning I.S.201! This is Grace Zhang from class 732, here with you on behalf of the S.E.A.L. Team.

We might not realize it, but gratitude can transform our perspective on life. When we take a moment to appreciate the small things such as the warmth of the sun, the kindness shown towards us, or even a quiet moment of peace, we invite positivity into our lives. Being grateful allows us to recognize the bright side in hardships and challenges. It shifts our focus from what's don't have to what we do. By showing gratitude regularly, we develop a mindset that celebrates what we might usually take for granted, making every day feel more meaningful.

Embracing gratitude also strengthens our relationships. It also allows more compassion, kindness, and understanding. Gratitude isn't just about being thankful for what we receive, but also about acknowledging the impact others have on our lives. By appreciating the people around us, we create a positive environment that makes us and the people around us happy.

The affirmation of the day is, "I am satisfied with my accomplishment."

Thanks for listening and have a Feeling Grateful Friday 😊

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

