

October 12, 2023

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

Guess what? Today is "International Moment of Frustration Scream Day." That's right! We all face moments of frustration, whether it's a tough math problem, misplacing our homework, or simply waking up on the wrong side of the bed. Today is a day to acknowledge that we all feel that way sometimes, and it's okay!

So, if things get tough today, remember to take a deep breath, find a positive way to release your tension, and lean on your friends, teachers, or school counselors if you need a chat. Let's channel any frustration into motivation and make today great!

Thanks for listening have a Tackle this Day 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

