

October 25, 2022

Good morning! It's Zain from 731 and I'm here this Talk A lot Tuesday on behalf of the S.E.A.L Team.

Today, we celebrate National I Care About You Day, so think of something unique you can do for your friends and family. This is the day when we celebrate everyone in our lives simply to express our gratitude. When you show someone you care, you can help them feel safe enough to open up and have a meaningful discussion.

“Never be so busy that you forget about others,” as William Shakespeare so eloquently put it. You can always find a moment in your day to stop and let someone know you care about them.

Thanks for listening have a Thinking of You Tuesday ☺

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

