

February 29, 2024

Good morning! It's Micha from 731 and I'm here this Thoughtful Thursday on behalf of the S.E.A.L Team.

Today is a special day because it's February 29th, a day we only get to see every four years! This is called Leap Year. It's like a bonus day we get to make sure our calendar matches up with the Earth's journey around the sun. So, let's make today extra special by thinking about the leaps we've taken in our own lives, like learning something new or being brave enough to try something different.

As we go through this Leap Year Day, let's take a moment to check in with ourselves and those around us. How are we feeling? What can we do to support our friends and family in their own emotional journeys? Let's leap towards building a more compassionate and understanding community. Let's leap into kindness, empathy, and support making the most of this extra day to strengthen our bonds and uplift one another.

Thanks for listening have a Tremendous Leaps 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

