

January 22, 2026

Good Morning I.S.201! My name is Riley from class 731, and I am here for this Thoughtful Thursday on behalf of the S.E.A.L team

Did you know that today is national celebration of life day? This is a day to be happy and thankful for being alive. We celebrate our families, our friends, and all the things that make life special. Take a moment to smile, be kind, and enjoy the day. You can celebrate today by doing something nice, like helping a friend, saying thank you, or spending time with people you care about. Even small things can make a big difference. Life is more fun when we enjoy the little things, so let's celebrate by being happy and positive all day long!

Like Martin Luther King Jr, today's affirmation is: "I help others feel safe, heard, and valued."

Thank you for listening and have a Thankful 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

