

June 22, 2023

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

To start off your day on a positive note. Today is B Kind Day, dedicated to promoting kindness, empathy, and compassion towards one another. The power of small acts of kindness can make a big difference in someone's day. So, get ready to spread kindness like confetti!

In the words of Mahatma Gandhi, "Be the change you wish to see in the world." On B Kind Day, let's take this quote to heart and make it our mission to create a school environment filled with positivity and kindness. Whether it's offering a helping hand, giving someone a compliment, or simply sharing a smile, each act of kindness can brighten someone's day. Remember, kindness is contagious, so let's start a ripple effect of compassion that will continue long after B Kind Day ends.

Thanks for listening have a Thrive with Kindness 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

