## November 3, 2022

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

Did you know this week is World Communication Week? That's right a whole week dedicated to communication. All people naturally communicate with one another. Strong communication abilities are beneficial in all area of life, including school, work, relationships, and everything in between. Communication allows you to connect with others. Additionally, communication enables you to exchange thoughts, work through issues, and express your emotions.

Thanks for listening have a Talk It Out 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

