

January 30, 2024

Good morning, I.S 201! This is Nicole from class 851 here for Talk a Lot Tuesday on behalf of the S.E.A.L. Team.

Sometimes, on top of all the stress from school and life, you need to take a break and take time out of your day to just de-stress and plan a vacation. That is why we have a special holiday to do just that -- today is National Plan for a Vacation Day! We celebrate National Plan for Vacation Day every year on the last Tuesday in January as a reminder for us to start planning our vacations and to take time off from school and school-related activities. Vacations help you spend some quality time with your friends and loved ones, and also gives you some free time for yourself that you use to your advantage.

So, why is National Plan for a Vacation Day important? First of all, it promotes self-care. Everyone needs that time reserved specifically for taking care of themselves. With school getting busier and work getting heavier, National Plan for a Vacation Day can help take some of that pressure off your shoulders. It also provides the golden opportunity to just spend more time with your family and friends and whoever you want to travel with. It

serves as a motivation for you to leave behind your everyday routine for a little while and discover new things.

Now, how do we celebrate National Plan for a Vacation Day? Well, it's in the name! Sometime today, start researching and see where and when you and your loved ones would like to go on vacation. As January draws to a close, the mid-winter recess break in February draws closer and closer: the perfect chance to go on a trip and become a tourist for a week!

In addition to planning a vacation, it's essential to acknowledge that not everyone may have the flexibility or means to embark on a traditional getaway. In such cases, a "stay-cation" can be an equally valuable option. A stay-cation involves taking time off from your regular routine to relax and enjoy leisure activities in or around your home. It allows you to decompress without the stress of travel or additional expenses.

Remember, the goal is to prioritize your happiness and well-being, whether it's through a vacation or a stay-cation. Taking intentional breaks helps recharge your energy and contributes to a healthier, more balanced life.

Thank you for listening and have a Truly Calming 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

