Good morning! It's Zia from class 851 here for Words of Wisdom Wednesday on behalf of the S.E.A.L. Team.

We all face obstacles and go through difficult challenges. Most of the time, this is exactly what causes us to be so filled with despair and disbelief. This is why, every so often, we need to remind ourselves that there's always hope. Today is April 3, the Day of Hope.

On this very hopeful day, we encourage, inspire, and motivate people who are struggling through sicknesses, traumatic experiences, and much more. This day focuses on giving hope to those who feel doubtful. Giving light to people who experience abuse and feel neglected.

This day of hope is important because, just like the name suggests, hope is an emotion that has a powerful impact on an individual's life. Hope is a feeling of expectation and desire for something to happen, it could be an aspiration or a desire. This one word can inspire people to persevere through their difficult journeys, pursue their dreams and goals, and give them the strength and resilience to overcome many challenges and setbacks.

From the wise words of Martin Luther King Jr., "We must accept finite disappointment, but never lose infinite hope." There is always a time when we feel disappointed, but it won't last forever, and yet there is always hope that will be there forever, we just need to believe.

Thanks for listening and have a Wealthy in Hope Wednesday!

## 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

