January 24, 2024 Good morning, I.S. 201! It's Zia from class 851 here for Words of Wisdom Wednesday on behalf of the S.E.A.L. Team.

Praises. Respect. Compliments. Today is National Compliment Day. And, yeah, it's exactly what it sounds like. A day to compliment others, and remind that individual why they're so special.

Now, why is this day important? National Compliment Day gives us a chance to tell the people in our lives how much we appreciate and care for them. We usually use compliments when we're cheering someone up, keeping up a conversation, or genuinely feeling for them. When we sincerely give someone a compliment, it gives that person a sense that you're listening to them and that you value them. In fact, it could also strengthen your relationships with that person.

Whether we're accepting or giving compliments, it's a win-win on both sides. Each individual can boost both their confidence and happiness.

Thanks for listening and have a We Can Show Appreciation With Compliments 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

