Good morning everyone! It's Sophia from 731 back again to talk on behalf of the S.E.A.L. team, for Words of Wisdom Wednesday.

As most of you know, tomorrow is Thanksgiving. Instead of giving thanks, most people consider ways to celebrate Thanksgiving. Although the traditional way to spend Thanksgiving is to eat a turkey at the dinner table with family and friends, the holiday has a deeper meaning.

The word "thank" can be seen in the word "thanksgiving." While we all enjoy the food and spending time with family, we should also view Thanksgiving as a day to be thankful for the people in our lives. People like our friends and families all play significant roles in shaping who we are today.

As John F. Kennedy once said, "as we express our gratitude, we must never forget that the highest appreciation is not to utter words but to live by them." So rather than saying we are grateful, let us demonstrate it. As the old saying goes, actions speak louder than words.

So, as we celebrate Thanksgiving, we should remember the people we care about and show our gratitude to them.

Thank you all for listening, have a Wishing You a Happy Thanksgiving 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

