

June 2, 2023

Good morning! It's Rainie from 731 and I'm here this SEAL Summary Friday on behalf of the S.E.A.L Team.

Did you know that June is National Great Outdoors Month? It's a time when we come together to celebrate the wonders of nature and for us to explore the great outdoors.

This month serves as a beautiful reminder to step out of our comfort zones and embrace the awe-inspiring beauty of the world we inhabit. It encourages us to open our minds, wonder at the marvels around us, and connect with the natural wonders that surround us each and every day.

Additionally, getting outside is not only a delightful way to spend your time, but it's also an integral part of a healthy lifestyle. Engaging in outdoor activities allows us to breathe in the fresh air, bask in the warmth of the sun, and strengthen our bodies and minds. It's a perfect opportunity to disconnect from our screens, appreciate the beauty of our surroundings, and find rejuvenation in the great outdoors.

As John Muir stated "In every walk with nature, one receives far more than he seeks." He is telling us that when we venture into nature, we receive far beyond our expectations. Each step we take, each moment we spend in the outdoors, brings us closer to the profound beauty and serenity of the natural world.

So, put on your walking shoes and take a leisurely walk, embark on an invigorating hike through scenic trails, or simply wander and explore the hidden treasures around you. The possibilities are endless!

Thanks for listening and have a Feel the Wind in Your Hair Friday ☺

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

