

June 1, 2023

Good morning! It's Irene Qiu from 731 and I'm here this Thoughtful Thursday on behalf of the S.E.A.L Team.

Did you know that today is National Say Something Nice Day? Falling Annually on the first of June, this day celebrates the power of words and their ability to create positive change in our lives and the lives of others.

Saying something nice, even if it's a simple thank you or compliment can have a significant impact on others as it can easily brighten someone's day and make them feel good about themselves. When we choose to say something nice to others, we recognize and appreciate their positive qualities, achievements, and efforts. In addition, expressing kindness and appreciation through words can strengthen our connections with others and help us build deeper relationships with one another. As a quote by Aesop explains it best, "No act of kindness, no matter how small, is ever wasted." This quote highlights how even a small gesture of kindness can go a long way. So today, do something or say something kind to someone. It can even be a small thank you or a compliment, just know that it can brighten someone's day.

Thanks for listening and have a Talk a Moment to Lift Others

Thursday 😊

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

