

May 10, 2023

Good morning! It's Sophia from 731 and I'm here this Words of Wisdom Wednesday on behalf of the S.E.A.L Team.

Today is Clean Your Room Day, and we are here to tell you that a clean and organized space is important for our mental and emotional well-being.

As you may know, clutter and disorganization can contribute to feelings of stress and anxiety, while a clean and organized space can promote a sense of calm and order. By taking the time to declutter and organize our personal spaces, we can create an environment that supports our emotional and mental health.

On this Clean Your Room Day, we encourage everyone to take some time to tidy up their personal space and create a space that promotes happiness and well-being. One person said, "Clean your space, clear your mind." So, use today as a chance to tidy up your room so you can relax.

Thanks for listening, and have a Wipe Away Yesterday's Mess 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

