

May 23, 2023

Good morning! It's Zain from 731 and I'm here this Talk A lot Tuesday on behalf of the S.E.A.L Team.

Let's dive into some interesting news! Today, May 23rd, is World Turtle Day! It's a day dedicated to celebrating and raising awareness about these amazing creatures that swim in our oceans and paddle in our ponds

Turtles are not just cute and cool, but they also teach us valuable life lessons. They show us that it's okay to take things slow sometimes, reminding us to enjoy the journey rather than rushing to the finish line. Just like turtles, we can learn to appreciate the present moment and take small steps towards our goals.

And now, here's a quote to inspire you: "In a world where you can be anything, be kind, like a turtle." These wise words remind us that kindness goes a long way. So, let's be like turtles, spreading positivity and compassion wherever we go.

So, let's make this World Turtle Day a memorable one, where we not only celebrate these marvelous creatures but also take a moment to

appreciate our own social and emotional well-being. Together, we can make a difference, one turtle step at a time!

Thanks for listening and have a Turtle-y Awesome Tuesday 😊

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

