

January 8, 2026

Good Morning IS 201!!! I'm Michelle from class 751 and I'm here with you this Thoughtful Thursday on behalf of the SEAL Team.

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Wandering throughout the day, have you ever seen one person smiling and suddenly, they find a way to make you smile too? We call these joygerms: a word used to describe the positive effects that spread from one person to another. Kindness and positivity should ripple throughout the world, and National Joygerm Day (celebrated every January 8th) is a perfect opportunity to let positive chain reactions unleash! Some ways to encourage the joy germ to spread throughout the world is maybe a small compliment or assisting someone without being asked. Even the tiniest smile can brighten someone's day. Finding a way to let a wave of kindness ripple throughout the world will always be the greatest achievement possible.

Like Martin Lurther King Jr., today's affirmation is: "I believe in the power of nonviolence."

Thanks for listening and have Tiny Smiles Make a Big Difference

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

