

November 20, 2023

Good morning IS 201! It's Elly Wu Feng from class 851 speaking on behalf of the SEAL Team.

This week is especially special since it's Thanksgiving! Here's a word of the day; Gratitude, which means the quality of being thankful, showing appreciation and to return kindness. Psychology researches have shown that gratitude is consistently associated with greater happiness. By being grateful, we feel more positive and we fight the adversity stronger. Gratitude isn't just about giving thanks, it's about appreciating what we have. According to Oprah Winfrey, "If you're grateful for what you have: you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough." We often take what we have for granted, without realizing that there's millions of people around the world who struggle to fill their stomachs.

Affirmation of the Day-

"I look for ways to help those in need." Just like how we give thanks, we should also look out for each other and help those in need. "I walk in their shoes, their burdens I share, Supporting them with love and care."

Thanks for listening and have a Make Positive Changes Monday 😊

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

