

March 20, 2023

Good morning IS 201! It's Elly from class 751 speaking to you on behalf of the SEAL team, on this Motivational Monday.

Did you know that today is International Day of Happiness? On this special day we celebrate the importance to be happy in life and how happiness can sometimes be achieved easily. We can find happiness in small moments of our everyday lives. Whether it's a small talk with our family members, waking up to a bright sun, or just a walk around the neighborhood is enough to feel relaxed and happy. Another form of happiness comes from gratitude. We should all be grateful for all the things we have in life. A roof over our heads, clothes on, foods to fill our tummies with, family and friends whom we love. These are just some things we should appreciate. Just as much as good grades mean to us students, taking care of our social and emotional wellbeing is equally crucial. Take deep breaths, relax, hang out with your friends, are simple things that can be done to celebrate this wonderful day. Of course, spreading positivity and kindness make others feel happy too!

As Mahatma Gandhi puts it, “Happiness is when what you think, what you say, and what you do are in harmony.” Only when our thoughts, words and actions agree with each other that we can live a fulfilled and satisfying life.

Thanks for listening and have a Mood Boosting 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

