

March 19, 2025

Good Morning I.S.201! My name is Esther Chen from class 752, and I am here for the Words of Wisdom Wednesday on behalf of the S.E.A.L team.

It's National Let's Laugh Day, to remind everyone of the value of embracing laughter for its power. It is a reminder of the way laughter can brighten anyone's day and lift our spirits high. There is always room to laugh together with friends and loved ones. Laughter not only improves our mood but also creates stronger bonds with others. It is a stress reliever and can help to create a sense of community. It can unite people and make us laugh at the little things. It's a day to remind us no matter the challenges we face, a little laugh can make your day.

Take a moment today to share a laugh, a funny video, or simply enjoy some light-hearted moments with those around you. Let's celebrate the impactful power of laughter and spread positivity throughout the day.

Affirmation of the Day: I am open to feedback and constructive criticism.

Thank you for listening and have a Wholesome 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

