

March 3, 2025

Rise and shine, I.S.201! This is William Chen of class 752 speaking to you for today's Motivational Monday on behalf of the S.E.A.L Team.

Did you know that today is national I Want You To Be Happy Day? Observed annually on March 3rd, I Want You To Be Happy Day is an initiative to take some time out of your day to do a kind deed or something that will positively impact someone or something. It could be something small like just holding the door for the person behind you, saying kind words, or helping someone out with something they're struggling with. Some studies have even shown that one key factor in being happy is to help others. As an old Chinese proverb once said, "If you want happiness for an hour, take a nap. If you want happiness for a day, go fishing. If you want happiness for a year, inherit a fortune. If you want happiness for a lifetime, help someone else."

Thanks for listening and have a Melodic Monday!

Affirmation of the Day: I respect and learn from others.

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

