

September 26, 2023

Good morning, I.S 201! This is Nicole from class 851 here for Talk A Lot Tuesday on behalf of the S.E.A.L. Team.

Today's the perfect day to spend some more bonding time with your family, because September 26th is National Family Day! National Family Day is the perfect opportunity to appreciate the love and support we receive from our family, so remember to show your family your gratitude this National Family Day.

National Family Day is very important, though it may not seem like that on the surface. This holiday encourages you to spend some more time with your family and connect with them more. It also urges you and your family to have deeper conversations with each other. Take a little time out of your day, whether on the car ride to an activity or around the dinner table, to just talk with your family. Discuss whatever's on your mind and how you feel. You might be surprised at what you learn!

There are many ways to celebrate National Family Day. Maybe you could spend some outdoor time with your family and breathe some fresh air. You could go hiking, or be a little more laid-back with a casual picnic. Another choice is hosting a game night. After dinner, bust out all the board games and maybe even create some of your own with everybody else. If board games aren't suited to your taste, you could always pick out a few movies and snuggle up together on the couch with popcorn and snacks. If you're looking for something more lowkey or you just don't have enough

time to set this all up, writing letters to your family members is always an option. Just write down any funny memories or inspirational messages or favorite things about everybody else, and have fun showing it off to each other!

Even if it takes just a few minutes out of your day, taking time to show your appreciation and love for your family members and celebrate National Family Day is very important.

Thank you for listening, and have a Together Forever Tuesday!

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

