

October 15, 2026

Good morning, IS 201! My name is Aila from class 813, and I am here with you this Thoughtful Thursday on behalf of the SEAL Team

Today is National Grouch Day!

Now, we all have those mornings when we wake up feeling a little grumpy, tired, or just not in the mood. But today is a chance to embrace our inner grouch and maybe find a reason to smile along the way!

National Grouch Day reminds us that it's okay to have a not-so-great day. What matters is how we treat the people around us. So, if someone seems a little grouchy today, let's give them some patience, kindness, and maybe a little extra space.

And if YOU happen to be the grouch today... don't worry! Take a deep breath, find something that makes you happy, and remember that tomorrow is another day.

The affirmation of the day is, "I protect others with kindness."

Thank you for listening and have a Tranquil Thursday 😊

S.E.A.L. 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

