

September 24, 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 Bluebird of Happiness Day! This special day is all about happiness, positivity, and spreading joy to the people around us. Bluebirds are often seen as symbols of happiness and hope, reminding us to appreciate the good things in our lives and to share a little kindness wherever we go.

So today, let's take a moment to think about what makes us happy. Maybe it's spending time with friends and family, listening to your favorite music, making someone laugh, or simply having a good day at school.

And remember, you don't need to do something huge to make someone's day brighter. A smile, a kind word, or helping someone out can go a long way.

The affirmation of the day is, "I choose understanding even when it is hard."

Thank you for listening and have a Time to Smile 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

