

March 19, 2024

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.

Everyone needs a day to unwind and relax every now and then. Sometimes, life can get stressful, and something needs to be done to keep the spirits up. Every year, on March 19, we celebrate National Let's Laugh Day. This special day encourages us to keep things light and brighten bad situations up with a little humor. If you've been feeling down recently, or if something's been stressing you out, then National Let's Laugh Day can serve as a reminder to laugh the worries away and take it easy. After all, laughter is the best medicine!

Why should we love National Let's Laugh Day? First of all, today's celebration helps bring a smile to everybody's faces. Did you know that laughing is scientifically proven to be beneficial to your health? Studies have shown that laughter is a stress reliever, and 95% of Americans agree, saying it relieves their stress. The unique brain chemistry that comes from laughter can also boost even your immune system! Furthermore, National Let's Laugh Day is a golden opportunity to simply lay back and sprinkle some humor into your day. You'd be surprised at how it brightens up the moment, even if just for a second.

In order to get these big smiles, what can we do to celebrate National Let's Laugh Day? A fun way to celebrate is to pick up some Laffy Taffy candy! Laffy Taffy candies have a joke under every wrapper, so have fun reading

them. You could also take some time to watch comedies. With countless shows to pick from, there's a comedy for everyone. Even some of the older ones might still be to your liking. Lastly, a more simple way to celebrate National Let's Laugh Day is to just spend time with your friends and loved ones. The goal is just to let loose and relax!

Although National Let's Laugh Day is certainly a good opportunity to get in some humor, laughter shouldn't be restricted to only today. Try to smile every day and find a way to have fun!

Thank you and have a Tearfully Funny 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

