

October 6, 2023

Rise and Shine! It's Joanna from 851 and I will be with you for our S.E.A.L Summaries this year on behalf of the S.E.A.L Team.

It has really been quite an eventful week; after schools are starting, high school applications have started, and everyone has just been getting used to being in school again. As we go along our everyday lives, no matter how busy we may be, something that we can always do is smile!

Today is World Smile Day. Today is dedicated to having a smile on your face and doing good deeds. Mother Teresa once said, "Peace begins with a smile." A smile is powerful. Just by smiling at someone who's having a bad day, you can help them feel better. By smiling, you can make someone's day brighter. Something as small as smiling to you, can have a huge effect on someone else.

In 1963, the iconic yellow and black smiley face was invented by graphic designer Harvey Ball. Ball was hired by an insurance company to create an icon to boost the morale of the company's employees. In ten minutes, he came up with the smiley face that we all know today. To him, this yellow and black icon with a wide, dimpled grin might've just been a small project, but now, this symbol is known everywhere, and it expresses the same message; spreading happiness.

Also, fun fact. Smiling also provides physical benefits. It helps release natural painkillers, reduce physical pain and stress, lower blood pressure, improve the blood circulation in your face, and much, much more.

Now you know that not only is smiling great for your mental health, it benefits your physical health as well. So, don't forget your smiles, they are way more important than you may have originally thought.

The affirmation of the day is: "I trust in the process of life and believe that everything happens for a reason." Life has its ups and downs, but we can always trust that everything happens with a purpose.

Thanks for listening and have a Full of Smiles Friday 😊

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

