

January 3, 2025

Good morning I.S.201! This is Grace Zhang from class 732, here with you on behalf of the S.E.A.L. Team.

Today, January 3rd, is International Mind-Body Wellness Day, a day that we can celebrate and acknowledge how a healthy mind and healthy emotions guarantees you a healthy body!

The concept of mind and body wellness has been around for thousands of years, which means that there are plenty of ways to improve the wellness of your mind and body. Some ways are mindfulness, mindset, and gratitude. You might not realize it, but every little thing counts.

Your actions, experiences, goals, and beliefs are all incredibly important for your overall health and state of your body. You can slowly build up your path to a better version of yourself. And there is no better time than the beginning of the year to start.

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

The affirmation of the day is, "I release anger and embrace tranquility."

Thanks for listening and have a Fill with Felicity Friday.

