Good Morning! It's Zia from class 851 here for Words of Wisdom Wednesday on behalf of the S.E.A.L. Team.

Today is May 15. Today is a day to show appreciation for the importance of family and loved ones. Today is International Family Day. During this time of year, we are reminded of how our families play a critical role in supporting us through our lives.

International Family Day is a time to celebrate our relationships with our family. On this day, we acknowledge the strong base our loved ones give us as we go through the difficulties and challenges that pull us down. This day also helps raise awareness about the issues relating to family, like healthcare, education and much more.

Someone once said, "In time of test, family is best". When you're ever going through a tough time, or encountering a "test" in life, you should always know that your family has your back and is always there for you.

In honor of this day, why not spend more time with your family, or participate and volunteer for a community service?!

Thank you for listening and have a We Appreciate Our Family Wednesday.

Affirmation of the Day: I will participate in activities that make it a better place.

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

