Good morning! It's Micah from 731 and I'm here this Thoughtful Thursday on behalf of the S.E.A.L Team.

A refugee is someone who is forced out of their homes due to war, persecution, or natural disaster. These individuals leave everything behind to benefit themselves and their families. Today, we honor the perseverance and strength of refugees who strive to create a better life for themselves and their loved ones.

Let's take this day to remind ourselves to have empathy, awareness, and gratitude. Let's recognize the hardships that others endure to persevere in life.

Thanks for listening and have a Think of Others Thursday.

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

