

April 3, 2023

Good morning IS 201! It's Elly from class 751 speaking on behalf of the SEAL Team, on this Motivational Monday.

Today is National Find a Rainbow Day! It is said that if a person is lucky enough to spot a rainbow in early April and see its tail, that means Leprechaun's pot of gold is awaiting! Throughout human history, rainbow have been a sign of hope, wellness, happiness, and lucky. However, rainbow can also be a symbolize for diversity and inclusivity. To celebrate National Find a Rainbow Day, try to find a rainbow after a rain- and if you do- well, you're in luck! But you don't actually have to find a rainbow to celebrate, take today as a time to reflect on yourself. You may be going through a hard time right now or trying to push through an obstacle. Remember, all your hard work it worth it because effort results in success! Just like how rainbow appears after rains, your reward will be the other end of the rainbow waiting for you. You don't have to find a rainbow, make your rainbow!

Thanks for listening! The SEAL Team and I wish you all a Make Your Own Rainbow Monday!

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

