

February 6, 2024

Good morning, I.S 201! This is Nicole from class 851 here for Talk a Lot Tuesday on behalf of the S.E.A.L. Team.

How do you cheer someone up? Almost nothing makes a person happier than hearing something nice someone said about them. Compliments are important, so that is why today, we celebrate Pay a Compliment Day! Sometimes, we need a little nudge to show our appreciation for someone. It's an act of positivity and kindness to let someone know something nice about them!

Why should we love Pay a Compliment Day? Stressful things happen. Sometimes, life is overwhelming, even for the most resilient of people. Pay a Compliment Day encourages much-needed positivity and joy in the world. Today also builds meaningful connections. Whether you love someone's look or are inspired by their personality, giving them compliments creates paths for deeper friendships and relationships. Pay a Compliment Day is a way to get a closer look at the not-so-little things. Most people get by in life on the smaller moments – a kind word one morning, a thoughtful gesture another. Today's the day to be grateful for all of the little things that, when brought together, make life worth living.

What's the best way to celebrate Pay a Compliment Day? There's an obvious choice here-- it's in the name! Give someone a compliment. Find something nice to say and mean it. Start with family at home, then send texts to friends you haven't seen in a while, and maybe even pay a compliment to someone you don't usually talk to. However, Pay a

Compliment Day isn't just about complimenting others. Today, find time to compliment yourselves, too. After giving love and praise to others, give yourself credit for how far you've come.

Although today is Pay a Compliment Day, today shouldn't be the only day that you give someone -- or yourself! -- a compliment. Today's simply a reminder to be grateful for all the nice things in life that people do.

Thanks for listening and have a Transmit Positivity Tuesday!

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

