

November 7, 2024

Good morning, I.S. 201! I'm Emily from 851, and I'm here on behalf of the S.E.A.L. Team for this Thoughtful Thursday.

I give an awesome and big hug to my bear plushie, Berry. I sleep with this plushie; Berry gives me luck, comfort, and happiness. Berry's also really cute. But what do all of these characteristics and traits mean for you? Today is Hug A Bear Day, which doesn't mean you should hug an actual bear, but embrace your love if you have a bear plushie yourself or to loved ones.

Everyone needs a hug; you'll make a person's day if you just hug them once!! Whether you hug your mom, your dad, or your sibling (who might as well not care), you still show them a small aspect of yourself that you love them and gratitude for being there in our lives. So let it be today to hug people you appreciate, even though today is aimed specifically towards hugging bears; a hug can be towards anyone! As Maya Angelou once said, "I have learned that every day people may forget what you said, but they will never forget how you made them feel."

Thanks for listening and have a Tenderhearted 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

