

December 4, 2023

Good morning IS 201! It's Elly Wu Feng from 851, and I'm speaking on behalf of the SEAL Team on this Motivational Monday.

As the sun sets earlier, and with the weather getting colder and colder each passing day, our urge to stay inside our cozy blankets with a hot cup of coffee grows more. Let's welcome the last month of 2023 with not runny noses and frowns, but rather with joy and happiness. Here's the theme word of December, and a little poem accompanying it:

Kindness

In a world full of ups and downs, Kindness is a smile that erases frowns. It's lending a hand when someone's in need, A small act of love, indeed. With kindness, we build bridges, not walls, Spreading warmth and compassion through our halls.

Kindness can boost confidence and increase positivity. One person's kindness can encourage others to repeat the kind deeds and "pay it forward."

Affirmation of the Day-

"I am a helper, offering assistance and support to those who need it."

Being kind is not difficult. Lend a helping hand and assist those who need it. You never know what others are going through, your kindness can mean a lot.

Thanks for listening and have a Make the World a Better Place 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

