

May 27, 2025

Good morning I.S.201! This is Celine from class 814, here with you this
Talk A lot Tuesday on behalf of the S.E.A.L. Team.

"The only thing we have to fear is fear itself." These words were spoken
by President Franklin D. Roosevelt during a very hard time in American
history. What he meant was that sometimes, our biggest problem is not
what's happening around us but the fear we feel inside. Fear can make us
freeze, doubt ourselves, or give up before we even try. But when we face our
fears and keep going, we become stronger and braver than we were before.

Today is Nothing To Fear Day, a day to remind us that fear doesn't
have to stop you. If you're nervous about a test, a presentation, or trying
something new, remind yourself of this quote. You have the power to push
through, and you're not alone. Ask for help, take a deep breath, and take one
small step forward.

Thanks for listening and have a Think Brave 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

