

October 23, 2024

Good morning I.S.201! My name is Esther Chen from class 752, and I am here for the Words of Wisdom Wednesday on behalf of the S.E.A.L team.

Today marks another day of great opportunities ahead of us. As we embrace this day, it's important to remember to take small steps. Think of each decision leading us closer to our dreams. It's an opportunity to learn new things and strengthen our connection with others.

Many of us can feel burnt out as the week progresses, so make sure you take breaks and let yourself relax. Think of it as recharging your batteries. Both your mind and your body need that break to thrive! It's important to savor those moments as well, whether you're hanging out with your friend or just eating your favorite snack. Finding balance makes everything feel less overwhelming and more manageable.

Let's challenge ourselves today to step out of our comfort zone and try a new hobby. We should find joy in the little things and approach today as another day filled with adventure. Just remember to continue to push yourself and be resilient and you'll achieve many great things.

Affirmation of the day: I am grateful for my progress, no matter how small.

Thank you for listening and have a Well-Being Wednesday 😊

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

