

November 19, 2025

Good Morning I.S.201! My name is Esther Chen from class 852, and I am here for the Words of Wisdom Wednesday on behalf of the S.E.A.L team.

Today is National Have a Bad Day Day! This day tells everyone that it's okay to have an off day. Everyone has had a day where things just don't seem to be going well. It could have been a really difficult morning, a disagreement with a kid or friend, or just feeling bad for no reason. Bad days are part of life; what we do with that is the important part, and how we treat ourselves in that moment. Also, let's take care of each other. It can be as simple as a provided supportive word, a simple text, or space for a person having a difficult day. All things are possible. We are all human people trying to get to the end of our day. It can truly be a simple opportunity to provide non-judgmental care and support. We all have a human quality in us, and by being gentle with being human, we can create and make a community for people that even simple acts of support and care will make our community feel safe and seen and supported-even on hard days.

Like Marie Curie, today's affirmation is: *"I keep going, even when the work is hard."*

Thank you for listening and have a Willpower 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

