

January 24, 2025

Good morning I.S.201! This is Grace Zhang from class 732, here with you on behalf of the S.E.A.L. Team.

Have you ever hesitated to do something because you thought it was too late, or that it wasn't a good time? Well as Martin Luther King Jr. once said, "The time is always right to do what is right." For example, if you wanted to apologize to someone, don't worry about it not being a good time, because the time is always right. And when you do apologize to that person, it will make their day.

Another famous quote is, "Remember, there's no such thing as a small act of kindness. Every act creates a ripple with no logical end." This means that no kind act is ever too small. Even holding the door for someone could make a big difference. Who knows, maybe they will feel inspired by you, and hold the door for the person behind them. This could possibly continue on and on, creating a ripple effect, like Scott Adams said. So never hesitate to do a kind deed, because that deed will make a big difference.

The affirmation of the day is, "I choose to be kind and patient."

Thanks for listening and have a Feel Friendly Friday.

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

