

October 22, 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.

October is Emotional Wellness Month. This time of year is a good time to think about our emotions and how we practice self-care. Emotional wellness is a state of being in which a person acknowledges their feelings and utilizes good strategies to keep themselves calm, and be kind not only to themselves, but to others as well. We can incorporate emotional wellness in our lives so easily through the little things we do on a daily basis. When we are mad, we can breathe in and out; when we are feeling sad, we can call a friend; we can write our thoughts down; or just take a simple breath when you feel overwhelmed. When we are aware of our emotions, we are able to make better choices, have healthy friendships and relationships, and deal with challenges with patience and a clear head. It's important to understand that emotional wellness is not just about us, it impacts others around us. When we take care of our feelings, we can create a more peaceful and happier community.

Like Eleanor Roosevelt, today's affirmation is: *"I treat all people with respect and care."*

Thank you for listening and have a Wellness 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

