

November 26, 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.

Tomorrow is Thanksgiving. Let's think about the countless blessings and things we take for granted daily. Take a few minutes to give thought into and look at all the things that give you happiness, your friends, family, and loved ones who help you through each day. A lot of times, Gratitude doesn't always come from big moments; it often shows up in the quiet ones we overlook. Maybe it's enjoying your favorite food, laughing with friends, or feeling supported by the people around you. All of these things remind us that we are not alone. When we show appreciation for the positive things that are right in front of us, we open doors to greater happiness and feeling of content.

Today, try to be thoughtful with others - offer a nice compliment, show your thanks, or simply be present. The small things we do can brighten someone's day. And as we head into the holiday, let's carry that sense of gratitude with us wherever we go.

Like Marie Curie, today's affirmation is: "I rise above doubt and keep going."

Thank you for listening and have a Wholeheartedness 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

