

June 4, 2024

Good morning, I.S 201! This is Nicole from class 851 here for Talk a Lot Tuesday on behalf of the S.E.A.L. Team.

As you can see through the Seal Team's new calendars, the month of June represents honesty. I'm here to talk about what honesty is and why it's important.

Let's start off with our question of the day: "What is honesty?" Honesty means to speak and act truthfully, and it's more than just not telling lies. Honesty involves showing respect to yourself and others and having integrity and self-awareness. When you're honest, you're trustworthy, straightforward, and reliable. People know they can trust you and that you're a shoulder to lean on.

Why is honesty important? For one, honesty helps build positive and healthy relationships. It allows the other person to understand your needs and gives them an opportunity to respond to them, building the foundation for communication and reciprocated trust. Honesty also creates self-awareness. When we are honest with ourselves, we become more self-aware. We begin to understand our thoughts, emotions, and behaviors more clearly, allowing us to identify our strengths and weaknesses and work on personal growth. We also tend to make better decisions when we're honest with ourselves. We can evaluate situations from an objective perspective and make choices that make sense with our values and goals. Honesty helps us avoid making decisions based on fear, stress, or pressure.

Thank you and have a Truthful Tuesday!

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

