

May 8, 2026

Good morning I.S.201! This is Grace Zhang from class 832, here with you on behalf of the S.E.A.L. Team.

When trying to figure out who you really are, it's important to be kind to yourself. There will be times when things feel confusing or when you're unsure about where you're headed. Instead of being hard on yourself for not having all the answers, remind yourself that it's okay not to know everything right away. Every small step you take is progress, and being patient with yourself makes the journey a little easier. Being kind to yourself helps you stay positive, even when it feels like things aren't going the way you planned. Being kind also means recognizing that growth isn't always immediate. You might make mistakes along the way, but those mistakes aren't all that matters. Instead of seeing them as failures, try to look at them as lessons that help you grow. Just like you would comfort a friend who's going through a tough time, give yourself that same support and understanding. The more you learn about who you are, the more you'll realize that self-compassion isn't just helpful, it's essential for building confidence and staying motivated as you grow.

Like Sigmund Freud, the affirmation of the day is, “I am not afraid to explore deep thoughts.”

Thanks for listening and have a Fearless Friday 😊

S.E.A.L. 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

