

December 4, 2024

Good Morning I.S.201! My name is Esther Chen from class 752, and I am here for the Words of Wisdom Wednesday on behalf of the S.E.A.L team.

As we are in December and coming close to the end of the year, let's take a moment to reflect on this past year. Celebrate what you've accomplished, and think about what you can improve in the future. Setting small, realistic goals for the rest of the month can help keep you on track. Small goals like tidying up your room, finishing that project you've been procrastinating, or just learning something new. Also, create a December Bucket List with fun, festive things you want to do. Maybe it's wrapping presents, making hot chocolate, or watching a Christmas movie. Just remember to balance the productive stuff with moments of relaxation, so you don't burn out and can enjoy the season.

Affirmation of the day: I am capable and strong.

Thank you for listening and have a Winter 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

