

December 11, 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're coming close to Christmas, let's reflect on the importance of spending time with our loved ones during the holidays. Whether you choose to go shopping, cooking, or decorating your house; whatever you choose to do to spend time with the people you love. When we look back on this season, it won't be the gifts we exchanged that will matter but the memories we made with our loved ones that we can cherish. As someone once said "Families are like branches on a tree, we grow in different directions, yet our roots remain as one."

So, let's make a promise to ourselves this season to put down the phones, and step away from distractions because in the end, the best part of the holidays isn't the presents, it's the people who make this time of year so meaningful.

Affirmation of the day: I release all tension and embrace relaxation.

Thank you for listening and have a Making Memories 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

