

September 26, 2025

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

Thinking positive thoughts can really change the way we feel and how we perceive everything around us. It helps us feel more relaxed, confident, and hopeful. Positive thoughts could be remembering a fun day with friends or even just thinking about something that makes us smile, like a funny memory. This kind of thinking gives us more control of our emotions, and helps us handle tough situations with a better attitude.

On the other hand, when we think negatively, it can make us feel sad, frustrated, or worried. If we always think about what's going wrong or what we don't like, it's easier to feel bad. But by changing our mindset and focusing on the good, that can change. This doesn't mean ignoring your problems completely, it means finding a solution and overcoming it. In the end, thinking positively can lead to a better mood and make everyday experiences feel more enjoyable.

Like Jane Addams, today's affirmation is: *"I serve others with compassion, and I believe everyone deserves a second chance."*

Thanks for listening and have a Feel Optimistic Friday 😊

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

