

January 14, 2025

Good morning, I.S.201! I'm Emily from 851, and I'm here for Talk a Lot Tuesday on behalf of the S.E.A.L. Team.

Who doesn't want a peaceful atmosphere around them, especially at home? But are you also the type of person who's lazy and doesn't want to clean for a better environment? Well, this is your sign to do so! Today is Organize Your Home Day, and we should all clean our house up. That way, we can all feel more positive about our environment and cleaner overall. To be specific, organizing your home brings several benefits:

1. Reduces Stress: A tidy space leads to a calmer mind.
2. Boosts Productivity: You can easily find things and work more efficiently.
3. Promotes Health: Less dust and allergens mean a healthier environment.
4. Gives Accomplishment: Completing tasks boosts your mood.
5. Improves Sleep: A clean bedroom helps you relax and sleep better.
6. Encourages Mindfulness: You can focus on the present while organizing.

Overall, take your time after school to clean your house. You have to do it at some point, and why not today since today is all about organizing your home? As Martha Stewart once said, "Life is too complicated not to be orderly."

Thank you for listening and have a Tidy 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

