

May 1, 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.

Sigmund Freud was born on May 6, 1856, in Freiberg, Moravia. He later moved to Vienna, where he trained as a doctor and became interested in studying the human mind. Freud is best known for creating psycho-analysis, a new way of understanding how people think and feel. He believed that our thoughts and actions are often influenced by the unconscious mind, which means that we are not aware of them. Freud is that he helped people start talking more openly about mental health, which wasn't common at the time. He came up with ideas like the ego to explain how personality works, and also wrote famous books like *The Interpretation of Dreams*. Freud's work had a huge impact and inspired many other psychologists. Overall, he made a lasting difference by encouraging people to better understand themselves and their emotions.

Like Sigmund Freud, the affirmation of the day is, "Treat all people with dignity and respect."

Thanks for listening and have a Freudian 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

