

October 15, 2025

Good Morning I.S.201! My name is Esther Chen from class 852, and I am here for the Words of Wisdom Wednesday on behalf of the S.E.A.L Team.

Today is Global Dignity Day. Let's remember what it means to treat each other with respect, empathy, and dignity, no matter where we come from or what we believe. Dignity means valuing ourselves as well as others, treating others fairly, and deciding to respond with compassion, even if it's not easy or convenient. Dignity can be shown in small ways like inviting someone back in, listening to others before forming an opinion, or speaking kindly about others, even when it's not the norm. Each act of dignity is a simple way to help foster empathy and build an inclusive community where we can all belong. While Global Dignity Day provides us with an opportunity to value the dignity of each person, we should all be mindful that our words and actions can either encourage or discourage others. Remember, dignity starts with us, and when we lead, we make the world kinder for everyone.

Like Eleanor Roosevelt, today's affirmation is: *"I Matter."*

Thank you for listening and have a Worthy Wednesday!

Don't forget to turn in your keys of success we only have 29 out of 60.
It only takes 5 minutes out of your day to complete.

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

