

January 22, 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.

Today is Celebration of Life Day! It's a chance to pause and reflect on what makes life meaningful. We often get caught up in the rush of everyday things, but today is a reminder to appreciate both the big and small moments that make our lives special.

Life isn't always perfect, but there's always something to be grateful for. Whether it's the people we care about, the lessons we've learned, or the simple joys we often overlook, today is a time to reflect on them. Take a moment to think about how far you've come and all the experiences that have shaped who you are.

It's also a great day to be kind. A smile, a compliment, or just really listening to someone can make a big difference. Life is about the connections we make and how we treat each other, and those small acts of kindness can mean so much.

Let's take this day to recognize the beauty in life and all the people,
moments, and lessons that make it meaningful.

Affirmation of the day: I am patient and forgiving.

Thank you for listening and have a Weekly Reflection 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

