

May 14, 2026

Good Morning I.S.201! My name is Hana from class 731, and I am here for this Thoughtful Thursday on behalf of the S.E.A.L team.

Today's message is about being mindful of our actions and feelings. Being mindful means paying attention to how we act, what we say, and how we feel throughout the day. Sometimes we react too quickly or forget that our words and actions can affect the people around us. Taking a moment to pause, think, and make positive choices can help create a kinder and more respectful school community.

As Dr. Seuss once said, "Why fit in when you were born to stand out?" Being yourself also means being aware of how you treat others and how you handle your emotions. Today, challenge yourself to think before you act, stay positive during tough moments, and choose actions that make both you and others feel respected and valued. Have a great day, everyone!

Like Sigmund Freud, today's affirmation is: "I choose to be mindful of my actions and feelings."

Thank you for listening and have a Thoughtful Thursday 😊

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

