

November 12, 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.

November is National Gratitude Month. During this month, we're invited into a time to pause, be mindful, and reflect on what we appreciate in life, the people, the experiences, and the little moments that add meaning to our lives. Gratitude goes beyond saying "thank you." Gratitude is actively noticing the good that exists in our lives and intentionally expressing to others our gratitude and appreciation for the good in our lives, every day.

Practicing gratitude creates a happier, calmer, and more connected feeling with friends, family, and community. There is so much we can do to show gratitude, even in small, simple ways, from writing a list of things we are grateful for, to simply telling someone we appreciate them, to simply pausing in our day to notice something good that happened today.

When we regularly practice gratitude, we focus less on what we lack and focus more on what we already have. Practicing gratitude helps us create a more positive approach to challenges in life; maintain and grow our relationships with other people.

Like Marie Curie, today's affirmation is: *"I use my strength to lift others up."*

Thank you for listening and have a Well-Wishing 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

