

October 10, 2025

Good morning I.S.201! This is Grace Zhang from class 832, here with you on behalf of the S.E.A.L. Team.

Hardships often come our way in moments we'd never expect, through fear, pressure, or self-doubt. In those moments, it's easy to feel like giving up or believing that you aren't good enough. But in reality, you are much stronger than you think. When talking about strength, I don't mean physical strength. I'm talking about your ability to learn from your mistakes and overcome them, which is just as important.

A lot of people don't realize how strong they are until they face a challenge. Think about a time when you were nervous about something, like giving a presentation or trying something new, but you did it anyway. That took strength! You might not always feel brave, but that doesn't mean you're not. So, the next time something feels intimidating, remind yourself—you're stronger than you think.

Like Eleanor Roosevelt, today's affirmation is, "*Take time to understand different people and cultures.*"

Thanks for listening and have a Fearless Friday.

Don't forget to turn in your keys of success.

Ms. Guido, we want to wish you a very happy birthday! You are the best!

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

