

December 17, 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 National Say It Now Day, a reminder to say the things we often forget or put off. Many times, we think that people know how much we appreciate them and value their presence in our lives, but this isn't always the case. The goal of this holiday is for us to tell those who mean the most to us how much we appreciate them, while we still have the opportunity. You may want to thank a friend for always being there for you or tell your family member how much you care about them. You don't have to make a big deal out of saying something nice to someone. A simple text, note, or few words spoken in person can say a lot to the person receiving it. You never know how touching a few small gestures can have a positive effect on someone's life, even if you aren't aware of it at the time.

This holiday can encourage you to think about the people that you appreciate in your life and to say it to them. You don't need to wait until everything is perfect before you say it either. Sometimes, the best time to say something to someone is right now.

Like Walt Disney, today's affirmation is: "I inspire others to dream too."

Thank you for listening and have a We Should Say Now 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

