

December 3, 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 Make a Gift Day. This is a great time to appreciate all of the wonderful and simple things we have taken for granted over the years. Some people you can show your appreciation to are your friends, family, and other people who are important to you. Gratitude can come from even the smallest positive experiences in your life, like playing a fun game with friends, enjoying one of your favorite snacks, or knowing that you have support if you ever need it. Also take a little time today to make a small gift to someone you feel grateful for – whether it's something you've made by hand, a thank you note, or just spending some time with them. When we show our thankfulness in these small ways, it lets others know they are appreciated . There are many ways to make someone's day a little brighter – even if it's just one little gesture at a time. Let's continue the spirit of gratitude and generosity throughout the week.

Like Walt Disney, today's affirmation is: *"I stay hopeful, even when things are tough."*

Thank you for listening and have a Who We Appreciate 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

