

September 9, 2024

Good morning I.S 201! I'm Venice from class 851 speaking to you on behalf of the SEAL Team on this Motivational Monday.

Our amazing SEAL Team has been working hard, and they've created something really special—the Mending HEARTs Calendar! This calendar is designed to help us all cope with negative feelings by focusing on a different negative word each month and transforming it into a positive affirmation.

By following the Mending HEARTs Calendar, you'll be able to confront and understand any negative emotions and learn how to turn them into empowering thoughts. Over time, this can help build your mental resilience, boost self-esteem, and reduce stress—guiding you towards a healthier, happier life.

And here's the best part: each month, the Mending HEARTs Calendar will be posted on your grade hubs! So, make sure to check it out regularly and take part in this journey toward positive thinking and personal growth.

Thank you, and let's have a Mending HEARTs Monday!

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

