

January 20, 2026

Good morning I.S.201! This is Aila from class 713 here with you on this Talk A lot Tuesday behalf of the S.E.A.L. Team.

January 20th is a meaningful day of reflection, responsibility, and renewal. It reminds us that leadership is not just about authority, but about awareness, service, and how we support one another. On this day, we focus on the values of discipline, commitment, and unity, qualities practiced by strong teams everywhere.

Within the IS 201 SEAL Team, Emotional Awareness Leadership means recognizing that emotions are a strength, not a weakness. By understanding ourselves and the people around us, we build trust, resilience, and a shared sense of purpose. These qualities help us move forward together, no matter what the challenge.

Like Martin Luther King Jr., the affirmation is, “I treat others the way I want to be treated.”

Thanks for listening and have a Together We Stand Tuesday 😊

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

