

November 8, 2024

Good morning I.S.201! This is Grace Zhang from class 732, here with you on behalf of the S.E.A.L. Team.

This month's word for our Mending Hearts Calendar is insecurity, which is a big thing for students, especially for preteens and teens. Insecurity is when you doubt yourself and your abilities. It's when you feel like you can't fit in, often making simple tasks like meeting new people tough to manage. Research shows that in a poll of 115 students, 81% reported that they feel insecure about their bodies which is about 93 students! This shows us that it's okay to feel like this, and that you're not alone.

However, it is also incredibly important to keep a good mindset for yourself. Relating to the topic from two weeks back, which was about focusing on your good qualities and not the bad, we also have to remember that every one of us is strong and resilient. You just have to believe in yourself.

Thanks for listening and have a Feel Good Friday 😊

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

