

June 11, 2025

Good Morning I.S.201! My name is Esther Chen from class 752, and I am here for the Words of Wisdom Wednesday on behalf of the S.E.A.L team.

Today is National Making Life Beautiful Day. It's a special day to inspire us to look around for how to improve our life and think more positively. It's also a tribute to the people who work each day to make life beautiful by being kind, helping others, or creating good relationships. What you do can make a big difference, not just for you, but for the people around you too. Beauty is all around us, all the time, whether we know it or not. To make life beautiful, try to think positively and be thankful for what you have. When you do this, it is easy to be kind to others. Today, express gratitude to someone who makes life more beautiful for you. As Maya Angelou said, *"Try to be a rainbow in someone's cloud."* It means to bring hope and happiness to someone's difficult or gloomy day.

Affirmation of the Day: I am open to seeing things from others' perspectives.

Thank you for listening and have a Whimsical 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

