

June 3, 2025

Good morning I.S.201! This is Leilani Quintana from class 631, here with you this Talk A lot Tuesday on behalf of the S.E.A.L. Team.

National Repeat Day, celebrated on June 3rd, is a fun and quirky day that encourages us to repeat things we enjoy or think are important. While it may seem like just a silly holiday, it can actually remind us of the power of repetition in creating positive habits. When we repeat actions, like helping others or being kind, those behaviors become part of our everyday life.

Just like practicing a sport or learning a new skill, when we keep doing good things for others, it becomes easier and more natural. National Repeat Day shows that small, repeated acts of kindness can add up and make a big difference in our communities.

In a way, National Repeat Day teaches us the importance of consistency when working together to help others. By regularly repeating kind actions, we build stronger bonds and create a supportive environment for everyone. Whether it's helping a friend with their homework, picking up litter, or donating to charity, doing these things often reminds us how teamwork and kindness are key to making the world a better place. Just like

repeating a good habit, working together with others can lead to lasting positive change for everyone.

Thanks for listening and have a Twice as Nice 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

