

December 2, 2024

Rise and shine, I.S.201! I'm William Chen of Class 752 speaking to you for today's Motivational Monday on behalf of the S.E.A.L Team.

Happy December everyone! As we are nearing the end of the fall season, the weather is also getting significantly colder. Because of this, be sure you're wearing an adequate amount of clothing to school and in general. Another effect of the weather getting colder is that we are more likely to get urges of staying in bed so we can be wrapped up in our cozy blankets. Due to this, be sure you're getting an optimized amount of sleep as well and to not be too harsh on yourself. After all, we are all human and we all at some point feel lazy or unproductive. But try to strive to become the best version of yourself as the year comes to an end. Always remember that there are people around you that believe and have faith in you. Let's greet this month not with gloominess and drowsiness, but with healthiness and joy.

Affirmation of the Day: I am calm and relaxed.

Thanks for listening and have a Mellow 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

