

December 5, 2025

Good morning I.S.201! This is Grace Zhang from class 832, here with you on behalf of the S.E.A.L. Team.

Sometimes motivation comes from an unexpected place, like allowing yourself to be bored on purpose. With how busy everything has become today, we rarely get a moment of peace and quiet without any stress or deadlines in the back of our minds. So, when you do find yourself in a moment like that, try not to keep yourself occupied like how you usually would. This is because boredom can push your mind to think more creatively. It gives you space to reflect on what interests you, instead of just following what others do. This can reveal what you truly care about and help you figure out the direction you want to take next.

Learning to deal with boredom also builds patience. Even though you might not feel productive at that moment, boredom can actually build your motivation even more. Sometimes the break your brain takes during quiet moments like these is what helps you move forward with more purpose and confidence.

The affirmation of the day is, *"I find happiness in being creative."*

Thanks for listening and have a Flat 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

