

October 7, 2026

Good morning I.S 201 this is Riley from class 831 here with you this Words of Wisdom Wednesday on behalf of the SEAL Team.

Did you know that today is national forgiveness day? Today is a day to reflect on the power of forgiveness and the positive difference it can make in our communities.

Forgiveness does not mean forgetting what happened or excusing harmful behavior. Instead, it can be a step toward healing, understanding, and moving forward. When people choose forgiveness, they can help reduce conflict, rebuild relationships, and create space for empathy and compassion. Forgiveness can help break cycles of anger and resentment while encouraging kindness, cooperation, and respect.

This National Forgiveness Day, let's consider whether there is someone we can forgive, someone we can reach out to, or even something within ourselves that we need to let go of.

The affirmation of the day is, "I believe in my courage."

Thank you for listening and have a Willing to Forgive Wednesday 😊

S.E.A.L. 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

