

September 12, 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.

Today is National Day of Encouragement, a day we dedicate to having a positive impact on those around us simply by giving a few words of encouragement. These words have the power to lift someone up and make their day. They can also motivate people to not give up when they might be at their lowest. Encouragement also builds friendships and bonds. When we show support to our friends, it shows that we care and want them to succeed in their goals. It also shows that you are willing to help if they are struggling. You might not realize it, but these little actions or words can go a long way, which is why encouragement is something that should always be shown towards others, no matter the time or day. It's like a habit that should never be broken.

Like Jane Addams, today's affirmation is: *"I serve others with compassion and I value peace over power."*

Thanks for listening and have a Few Words of Encouragement 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

