

March 16, 2026

Rise and shine, I.S.201! This is William Chen of class 852 speaking to you for today's Motivational Monday on behalf of the S.E.A.L Team!

Every third Monday of March comes Act Happy Day. Created by Dr. Dale Anderson, the concept of Act Happy Day is to, well, act happy! Dr. Anderson believed that simply acting happy even if you felt the complete opposite can bring positive change to your life. Getting a good laugh in or just thinking about the good parts of life can help regulate emotions, boost your mood, and enhance mental health both short and long term. Happiness isn't a destination or the finale of a journey, but rather the state of mind cultivated by your choices, thoughts, and actions on the way. Validate your feelings and never suppress them; embrace what you're going through as only an experience. Everything will eventually get better and know that there'll always be light at the end of the tunnel.

Like Albert Einstein, the affirmation of the day is: "I can solve problems with patience and creativity."

Thank you for listening and have a Magnetic Monday!

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

