

March 29,2023

Good morning everyone! It's Sophia from class 731 back again to speak to you on this Words of Wisdom Wednesday on behalf of the SEAL Team.

As the saying goes, "Time and tide wait for no man." It's easy to get caught up in the hustle and bustle of daily life and overlook the importance of time. People see time as a way to get things done in the quickest way they can, always trying to find the easy way out. Well, that's not how it always goes. When we think of time, we see it as just a piece of life. You can go hours, days, and even years without having any concept of time at all. But if you don't have a concept of time, how are you able to enjoy the things that surround you?

Taking a break every now and then to fully take in what's happening in your life should be more important than you think. As of now, no matter what your age is, things are going to continue to change. It's important that we don't miss that change, that we don't let it slip past us without any recognition. Time is a valuable resource that if you don't cherish, it's swept away forever.

Thanks for listening and have a Whine down and Take a Moment to  
Breathe Wednesday ☺

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

