

October 5, 2026

Good morning I.S 201 this is Amelia from class 831 here with you this Motivational Monday on behalf of the SEAL Team.

Today is National Do Something Nice Day! This day reminds us that even the smallest act of kindness can make someone's day better. At school, you could compliment a classmate, help someone who is struggling, thank a teacher, or simply include someone who might feel left out. Being kind doesn't have to be a huge gesture it can take just a few seconds. So today, let's all try to do at least one nice thing for someone and make our school a little more positive.

The affirmation of the day is, "I try again even with something is difficult."

Thank you for listening and have a Make Someone's Day Better 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

