

May 16, 2025

Good morning I.S.201! This is Grace Zhang from class 732, here with you on behalf of the S.E.A.L. Team.

Making everyday count means trying to do something good or important each day. It doesn't have to be something big like winning an award or getting all 100's. It can be something simple, like helping a friend, doing your homework, or being nice to someone. When you do something that makes you feel proud or happy, the day feels more special.

Some days are just for fun, and that's okay too. Hanging out with friends, playing a sport, or spending time with family can make a day count just as much as doing something productive. Even laughing at a funny movie or having a good conversation can make the day feel worth it. It's about enjoying life and making memories.

Not every day will go perfectly, and that's normal. But if you try your best and learn from your mistakes, that still counts. Every day is a chance to do something new or be a little better than yesterday. So, even if it's a tough day, you can still make it count in your own way.

The affirmation of the day is, “I am committed to making everyday count.”

Thanks for listening and have a Follow-Through 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

