

October 13, 2026

Good morning, IS 201! My name is Hana from class 831, and I am here with you this Talk A Lot Tuesday on behalf of the SEAL Team.

Today is Face Your Fears Day! It's a day that reminds us that being afraid of something doesn't mean we have to let that fear stop us. Facing a fear doesn't always mean doing something huge or scary. Sometimes, it can be as simple as raising your hand in class, trying something new, talking to someone you've never spoken to before, or asking for help when you need it. Everyone has fears, and taking small steps outside of our comfort zones can help us grow and become more confident.

As the SEAL Team, we want to encourage everyone at IS 201 to support each other when we're trying something that feels difficult or uncomfortable. We never know what someone else might be nervous about, so a little kindness and encouragement can make a big difference.

So today, think of one small fear you can face, and remember that you don't have to do it alone.

The affirmation of the day is, "I can ask for help when I need it."

Thank you for listening and have a Tough Tuesday 😊

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

