

May 24, 2023

Good morning! It's Irene Qiu from 731 and I'm here this Words of Wisdom Wednesday on behalf of the S.E.A.L Team.

Today, we want to bring your attention to a celebration happening in the month of May. It's none other than National Miniature Garden Month! This special occasion allows us to tap into our creativity and embrace the beauty of nature in a compact, whimsical way.

National Miniature Garden Month encourages us to create and nurture gardens in small containers. These miniature landscapes serve as a reminder of the wonders of the natural world and provide an opportunity for us to unwind, destress, and practice mindfulness. Engaging in this imaginative activity can also foster social and emotional well-being by encouraging self-expression and promoting a sense of tranquility.

As we navigate the challenges and pressures of middle school, it's essential to find healthy outlets for our emotions. National Miniature Garden Month offers us the chance to channel our energy into something positive

and uplifting. So, take a moment to pause, breathe, and let your imagination soar as you craft your very own miniature garden.

Remember, as the saying goes, "In every walk with nature, one receives far more than they seek." These words from John Muir serve as a gentle reminder of the profound impact nature can have on our emotional and mental well-being. So, let's seize this opportunity to create little havens of tranquility that can transport us to a world of beauty and peace.

Thanks for listening and have a Walk with Nature 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

