Good morning everyone, it's Sophia Giannone from class 831 back again on this Words of Wisdom Wednesday on behalf of the SEAL Team.

When something goes wrong, it might be tempting to shift the blame onto others or lie rather than accepting responsibility. However, is this really the best approach? While it may seem like a quick escape from the situation, more often than not, it leads to even bigger problems.

Lying is one thing, but one simple lie may not be as simple as you think. It can cause a ripple effect that may cause arguments, loss of friendships and much more. A lie is an unneeded pressure on your shoulders, so why do it? The next time you feel like lying, think about how it may affect you in the future.

In the words of Thomas Jefferson, "Honesty is the first chapter in the book of wisdom." So, let's strive to be honest and to accept our faults.

Thank you for listening and have a Whole Truth 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

