## October 11, 2023

Good morning everyone! My name's Sophia Giannone from class 831 and I'm here to speak to you all on today's Words of Wisdom Wednesday on behalf of the SEAL Team.

Nobody is perfect, and no two people are precisely alike. Our diverse backgrounds and experiences shape us into individuals. So why should we belittle or judge someone because of what makes them unique? There is no need to be nasty to someone because of their physical appearance or a difference in opinions.

Imagine if someone insulted you for everything you did! It's not the best feeling in the world. Instead of making a mean comment, think about how you would react if someone said that to you.

Remember the age-old wisdom: "Treat others as you wish to be treated." It's a simple principle that, if embraced by all, can make the world a kinder and more understanding place.

Thanks for listening have a We All Matter 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

