

April 17, 2023

Good morning IS 201! It's Elly from class 751 speaking on behalf of the SEAL Team, on this Motivational Monday.

Did you know that April not only bring May flowers but it's also National Poetry Month? That's right! We write poems, read poems, and remember the one that really touch our hearts. Poetry is all about expressing our emotions and stories. Whether it's typed or written, those words certainly turn into beautiful forms. National Poetry Month aims to celebrate all the great poems; whether it's sad or happy; short or long; each of them contains a unique story and continue to touch reader's hearts. Of course-we wouldn't have these wonderful poems without inspiring poets who created them. Just to name a few are William Shakespeare, Emily Dickinson, Robert Frost, Maya Angelou, and Langston Hughes. Here is a poem to celebrate this special month, written by our class of 2019 SEAL member John Pierre Alkhoury.

### KINDNESS

Kindness is the heart of the world  
It is in everyone, deep in their soul  
Just like a flower, it continues to bloom  
All for the sake of overcoming one's gloom  
Kindness is easy to have  
You could make someone laugh or sing them a song  
All to make the positivity in this world strong  
Everyone has kindness in them  
But some are shy to show it  
Kindness is not just acting  
Kindness is everlasting

This poem reminds us that kindness is like a flower that continues to bloom, suggesting that it has the potential to grow and flourish. And that we all have kindness inside us which is a powerful and lasting quality that can help make the world a better place.

Thanks for listening and have a Mindful Monday ☺

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

