

February 24, 2026

Good morning I.S.201! This is Riley from class 731, here with you on this Talk A Lot Tuesday on behalf of the S.E.A.L. Team.

Blizzards happen in February, with heavy snowfall and icy winds. During a blizzard, everything seems to be obscured, and we may feel overwhelmed because of that. At times like these all we can do is slow down and wait for the storm to pass.

Our emotions can feel like that also. There are days when we feel stressed, frustrated or disappointed, and it seems like there is so much stress swirling around us during a storm. We may also feel confused about how to think properly or respond calmly when the storm is inside us. That's why we need to take a moment to pause and remember that our feelings are temporary, including our bad ones.

As the saying goes, "the storm will pass, but your strength will remain." By pausing before acting, by using kind words instead of harsh ones, or asking for help instead of shutting down, we are demonstrating our strength.

If you notice someone else experiencing their own storm today, try to be patient, empathize with their storm and provide them with calming energy.

Like Frederick Douglass, the affirmation of the day is, “I act with courage and compassion.”

Thanks for listening and have a Tame Your Feelings Tuesday 😊

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

