

February 25, 2025

Good morning, I.S. 201! My name is Venice from class 851, and I'm here on behalf of the SEAL Team for this Talk A lot Tuesday.

Today the SEAL Team wants to remind you that you matter. No matter how your day is going, always keep in mind that you are valued and your emotions matter. Sometimes things don't go as anticipated and seem like your efforts go unnoticed. But believe in yourself, you are seen, heard and truly appreciated. Every little action you take, every smile you share, and every challenge you overcome, truly makes an impact. Keep striving for your goals, have faith in yourself, and remember you matter.

Thanks for listening and let's have a Take Time for Yourself 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

