

March 4, 2026

Good Morning I.S.201! My name is Esther Chen from class 852, and I am here for the Words of Wisdom Wednesday on behalf of the S.E.A.L Team.

Today is March 4th and Do Something Day. The idea is to stop putting things off and just start. We all have something we've been avoiding. Maybe it's homework, cleaning out your backpack, studying for a test, or even having a conversation you've been nervous about. It's easy to keep saying, "I'll do it later," but later doesn't always come. You don't have to finish it all at once, but starting it is already progress. Finish one assignment. Review your notes for a few minutes. It can even be tidying up your space to focus better. When you start, it usually feels better than you expected. Most of the time, the hardest part is just starting a dreadful task. But once you get going, it's not as bad as it seems in your head.

So today, try not to overthink it. Pick one thing you've been putting off and take care of it. You'll probably feel more relieved and in control than you expected.

Like Albert Einstein, the affirmation of the day is, “I respect the ideas and the views of others.”

Thanks for listening and have a Work It Wednesday 😊

### S.E.A.L. 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

