

April 5, 2024

Good morning I.S 201! It's Joanna from class 851 and I will be with you for our S.E.A.L Summaries every Friday on behalf of the S.E.A.L Team.

As today's affirmation of the day is: "I value the lessons learned from both good and bad experiences," today's daily diction will focus on the importance of learning from both the good and bad experiences that we are faced with in life.

Let's start off with a quote by Vernon Sanders Law, "Experience is a hard teacher because she gives the test first, the lesson afterward." As we go along in life, we gain many experiences- some may be good, and others not too great.

At first glance, the good experiences that we have are seen to be much better than the worse experiences. If all of us were given the opportunity to redo those bad experiences, many of our first thoughts would be to answer with 'no way.' However, if we really go deeper and start to think about it, these bad experiences are very valuable and are a vital part of what makes up who we are today.

As Kemi Sogunle says, "Life's best lessons are learned during the most painful experiences." The experiences that we gain come along with

meaningful lessons that make us stronger and more capable to handle new challenges and obstacles that may come our way.

Thank you for listening and have a Falter, Fall, but Always Forward Friday!

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

