

January 17, 2025

Good morning I.S.201! This is Grace Zhang from class 732, here with you on behalf of the S.E.A.L. Team.

Everyone's always overjoyed when they win games, competition, tournaments, etc. They think that winning is the best thing that could happen in that event, and that winning is always the better choice. Often, they also think that losing is the complete opposite.

Every person reacts differently to losing, but it is easy to get overwhelmed with frustration, dismay and irritation at the things that didn't go as expected. Losing feels bad and can cause resentment, especially if you prepared a lot for the event you attended.

But what they don't realize is that facing defeat really isn't that bad. After all, it's part of the game. Sure, winning can definitely be great, but losing is fine too. Losing helps you learn from your mistakes. It makes you want to work harder, so that you can achieve what you couldn't before.

The affirmation of the day is, "I release all resentment and embrace peace."

Thanks for listening and have a Fair-Minded 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

