

March 14, 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.

Embracing change can be exciting, even if it feels a little scary at first. Change is a natural part of life. It gives you the chance to try new things and learn more about yourself. Whether it's a new school year, a new home, or meeting new friends, change helps you grow and become stronger. Instead of being afraid, think of change as a way to learn and become better at what you do.

When you embrace change, you become more flexible and ready for anything. Life doesn't always go as planned, but being able to adapt helps you handle new situations. Change teaches you to solve problems and overcome challenges. Instead of getting upset when things change, you'll start seeing it as an opportunity to improve.

Change also helps you get more creative. It pushes you to think in new ways and try different things. Whether it's a new hobby, a new way of doing schoolwork, or simply following a new routine, change can help you discover new talents and ideas. Embracing change can make life more exciting and help you become the best version of yourself.

The affirmation of the day is, "I strive to be kind, respectful, and humble every day."

Thanks for listening and have a Find New Experiences 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

