

June 10, 2024

Good morning IS201! I'm Elly Wu Feng from class 851 speaking to you on this Motivational Monday, on behalf of the SEAL Team.

June is Rebuild Your Life Month, but it's also National Great Outdoors Month! National Great Outdoors Month aims to encourage more people to get out into the outdoors and enjoy the beautiful spaces around them. And with the sun setting later than usual now, it is the perfect time to go out there and embrace the beauty and wonder of nature. Spending time outdoors is not only about the fun; it's also a great way to boost your mood and inspire creativity. Whether it's going for a walk in the park, having a picnic, or just taking in some fresh air, make the most out of the beautiful weather! As Albert Einstein once put it, "Look deep into nature, and then you will understand everything better." If you are having trouble concentrating on tasks, why not go out for a short walk and take some deep breaths? For everyday in National Great Outdoors Month, try to spend a little less time on your phone, "touch some grass, and let the sun in!

Affirmation of the Day-

"I will be sincere about my feelings of gratitude."

Thank you for listening and have a Make Time for the Outdoors Monday!

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

