

March 26, 2025

Good Morning I.S.201! My name is Esther Chen from class 752, and I am here for the Words of Wisdom Wednesday on behalf of the S.E.A.L team.

Today, we celebrate National Little Red Wagon Day, which reminds us of the simple joys of childhood—represented by the red wagon!

While this holiday is lighthearted, it goes into something deeper — predicted nostalgia. This is the feeling we get when we anticipate the memories we will cherish in the future. The red wagon represents those moments of fun, adventure, and connection, reminding us that even now, we're creating memories that will bring us happiness years down the road. At the moment predicted nostalgia may take your attention away from living in the moment, but think about creating more fun experiences to look forward to.

Nostalgia helps us look back and see how our past impacts our emotional growth. By enjoying the simplicity of childhood memories, we

gain empathy and become sentimental . Memories we create today will be tomorrow's cherished moments.

Affirmation of the day: I seek to uplift and encourage those around me.

Thank you for listening and have a When Times Were Simple Wednesday!

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

