

May 22, 2023

Good Morning IS 201!!!! It's Elly from the SEAL Team here with you on this Motivational Monday. Today is National Solitaire Day, which encourages self-reflection and mindfulness. It's a time to embrace some much-needed "me time" and discover the power of being in your own company. We all know how hectic life can get, but taking a break and focusing on our social-emotional well-being is super important.

Remember, it's okay to take a step back from our chaotic everyday activity. When we spend time alone, we get to know ourselves better, gaining insight into what makes us tick. We become more self-aware and develop stronger connections with our feelings, paving the way for healthier relationships with others.

Let's take inspiration from a wise person who once said, "You can't pour from an empty cup." This means that taking care of ourselves is not selfish; it's necessary! When we fill our own cups, we have more to offer to those around us. So, by celebrating National Solitaire Day, we're actually practicing an act of kindness towards ourselves and others.

Today, let's make our well-being a priority. Find a cozy corner and engage in activities that bring you peace and happiness. It could be doodling in a journal or playing a card game like solitaire. Allow yourself to tune into your own thoughts and emotions, and discover the amazing person that you are!

Thanks for listening and have a Me Time 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



On another note: If you are participating in the talent show please meet Mrs. Koutsopetras in the auditorium at dismissal.