

February 16, 2024

Good morning I.S 201! It's Joanna from class 851 and I will be with you for our S.E.A.L Summaries every Friday on behalf of the S.E.A.L Team.

As the last day of Respect for All Week, today is No One Eats Alone Day. Today is about having everyone feel welcome despite the differences between each of us. About respecting one another and making each other feel welcome. As the saying goes, "An open door is a welcome that makes a stranger into a friend." We should all learn the importance of empathy and how even a small act of kindness can make a great impact on someone else's life.

The affirmation of the day is: "I show understanding and patience to those facing difficulties." When we look at someone, we would only see what's on the outside, what that person allows others to see. We can't fully see or understand what someone is going through by just looking at them. That's why it's important to know the act of "stepping into someone else's shoes" and being able to empathize with the various difficulties that someone may be going through.

Thank you for listening and have a Feast with Kindness 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

