

September 18, 2023

Good morning, I.S 201! It's Elly Wu Feng from class 851 speaking to you on behalf of the SEAL Team on this Motivational Monday.

Did you know that September is National Read a New Book month? That's right! September is a whole month dedicated to exploring new books and reading them. Books are like doors, once you open them it's like you've entered a whole new world. Books can be happy, sad, horrifying, funny, and let's say...enchanted!

Reading gives us insight and wisdom and show us places or events that we never thought possible. It's a way for us to open expand our knowledge and fill our hearts with heartwarming stories. There must be that one book you can relate to. Reading helps us relax after a tiring day and ease our minds.

There are many benefits that come with it as well. It is proven that reading can make people smarter by expanding their vocabulary and improve brain health. You don't always have to read a 500 pages novel. Remember, reading recipes is also reading! There are many forms of reading as well. With technology advancements, we don't have to always carry a physical book with us. There're always online books, called e-books, and there's even audiobooks. Of course, there are people who just love the feeling of holding an actually book and flipping through the pages. So, what are you waiting for? Go grab or checkout a new book and dive right in the power of a good book!

Positive Affirmation of the Day-

“I wake up seeing the beauty of the world.” Regardless of the downs, remember to see the good and there will be a day when you rise again. Seeing the beauty of the world doesn’t have to be skyscrapers and tropical beaches. Waking up and walking under a bright sun and a blue sky is also a beauty of the world.

Thanks for listening and have a Make Time to Read 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

