

October 18, 2024

Good morning I.S.201! This is Grace Zhang from class 732, here with you on behalf of the S.E.A.L. Team.

Think of a time where you were scared to try something new. Was it intimidating or nerve-wracking?

It probably was, but sometimes it's good to push yourself to try new opportunities and experiences. As someone who has a fear of speaking in front of large groups, I know that it's good to force yourself to do things that you wouldn't normally do on a daily basis sometimes. As a result, that fear has become not as major as it was before.

For example, if you're an introverted person and simply don't want anything to do with public speaking at all, you can become less shy by taking it step by step. Start with doing something simple, like ordering pizza. Once you can do that comfortably, you can initiate a conversation with someone you meet. After that, you can even try giving a presentation to a small group of people in your class. By taking it step by step, you can slowly come out of your comfort zone and explore new things.

So to wrap it up, it's always good to try new things, even if it might not seem like the most appealing choice to make. It might just change your life.

Thanks for listening and have a Fear Not 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

