

November 14, 2022

Good morning IS201! It's Elly from class 751 speaking on this Motivational Monday on behalf of the SEAL team. We hope you had a relaxing three day weekend.

Today is National Loosen Up, Lighten Up Day! Today is a special day to relax and let go of our worries. Nowadays, we are filled with stress and tension that it seems to be taking up our everyday life and feel like there is no time to rest. You've put in a lot of effort, and now is the day to reward yourself by spending time with your loved ones. Or, just set aside some free time for yourself! The S.E.A.L. team prefers that you work at your own pace and take pleasure in the process rather than hurrying through your chores. Forget about the chaos; just unwind by relaxing. Isn't that what life is all about—enjoying the simple things?

Last but not least, I would like to recite the SEAL Team pledge with you now.

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

Thank you for listening. The SEAL Team and I wish you all a Make-
Time-For-Yourself Monday!!! 😊

