

January 7, 2025

Good morning, I.S. 201! My name is Venice from class 851, and I'm here on behalf of the SEAL Team for this Talk A lot Tuesday.

This month, we are focusing on the word anger. Anger is a natural emotion that everyone feels from time to time. It's okay to feel angry, but it's important to know how to deal with it in a healthy way. When anger is not handled well, it can lead to problems with friends, family, or even yourself. So, what can you do when you feel angry? Take a deep breath, count to ten, or step away from the situation for a moment. Talking to someone you trust, like a friend, teacher, or counselor, can also help you work through your feelings.

As we go through the month, let's work on staying calm, thinking before we act, and using our words to express how we feel. Anger doesn't have to control us; we can learn to control it. Let's make this a month of peace and understanding!

Thanks for listening and have a Tranquil Tuesday 😊

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

