

September 23 ,2024

Rise and shine, I.S.201! This is William Chen from class 752 here speaking to you for today's Motivational Monday on behalf of the S.E.A.L team.

Today is National Innergize Day! On this day, relax and rejuvenate. Even through all the hard work especially as students and teachers, we are all human after all. Furthermore, today is also the day after our Autumn Equinox or the transition from the hot summer air to the cooling autumn winds.

So, if you're feeling tired or lazy, then you have no excuse but to treat yourself to a nice day of relaxation and do something that you enjoy. It's important we celebrate Innergize Day because we live in a fast-paced world, and we often get caught up in our busy schedules and extracurriculars. So, take today to do something that makes you feel better and don't let today go to waste! As the poet Rumi said, "The quieter you become, the more you are able to hear." Take today is a reminder to take a deep breath, unwind, and practice some self-care.

Thanks for listening have a Mindful 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

