

March 7, 2025

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

Have you ever attempted a new skill and felt that it was too hard for you? Maybe you thought, “I can’t do this,” or “I’ll never get better.” Well, that’s a common feeling that can be discouraging at times, but it’s also a sign that there’s room for improvement. Embracing a growth mindset means believing that you can always improve with practice and effort.

A growth mindset is all about not giving up and continuing to persevere. It’s about being able to recognize your mistakes and learn from them. That’s why it’s important to know that mistakes are a part of this entire process and that you should see them as a chance to grow instead of failures.

Having a growth mindset helps you feel proud of your effort, not just your achievements. So the next time you take on a challenging task, remember: with hard work and dedication, you can always succeed.

The affirmation of the day is, “I am mindful of my words and actions.”

Thanks for listening and have a Fearless 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

