

December 3, 2024

Good morning! It's Katie, from 831 and I'm here this Talk a lot Tuesday on behalf of the SEAL team.

This month, we can recognize and learn ways to cope, or deal with anxiety. Anxiety is the feeling of fear, nervousness, and dread. These things aren't easy to deal with, and many people, our age and older and younger, face this challenge. This month, we can all work together to create a positive environment at I.S.201 and help those who do suffer from anxiety.

It may be something as small as losing a keychain, or as large as failing an important exam. This month we can help our peers and friends by being there, supporting them, and giving them the comfort and confidence they need. Together, we can overcome these feelings of anxiety or stress and move forward as one bonded group of multiple individuals.

By doing this, we can rid ourselves and others of stress so we can feel more relaxed and calmer.

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

