

January 2, 2024

Good morning, I.S 201! This is Nicole from class 851 here for Talk a Lot Tuesday on behalf of the S.E.A.L. Team.

Yesterday was New Year's Day, which means that it was the first day of the new year: 2024! It's time to finalize our New Year's resolutions and take time to deeply think about our decisions and plans for how we are going to spend our time in this following year.

Here are some ideas for New Year's resolutions that you can take inspiration from. Maybe 2024 is the time to figure out where your passions are and what activities or hobbies you would like to invest more energy and effort into. You could join more clubs in school, try out new sports around your neighborhood, look around for some volunteering jobs available, or browse around on the internet for online classes or lessons that you can experiment around with. If you already know the activities you want to spend your time and energy on, then 2024 can be the year to focus on these interests and develop them. Another possible New Year's resolution is to spread more positivity. Give at least one compliment a day. Smile at the people you pass by. Hold open the door for someone. 2024 can also be the year where you go someplace new. Do some research on your ideal vacation spot. Plan out a trip to somewhere you've never been before.

Keep that in mind, but also make 2024 a year filled with fun. Have a Happy New Year's and a Terrific Tuesday 😊

Affirmation of the Day: I will be an agent of change.

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

