

May 6, 2026

Good Morning I.S.201! My name is Esther Chen from class 852, and I am here for the Words of Wisdom Wednesday on behalf of the S.E.A.L team.

Today is National Day of Unplugging, which is really just a reminder to step back and take a break. Life can get busy, and it's easy to go from one thing to the next without stopping.

Taking a moment to pause can help you reset. Whether it's clearing your mind, taking a breath, or just slowing down for a second, those small breaks can make a difference. It helps you think more clearly and stay more in control of how you respond to things.

You don't need a big break to feel the effect. Even a short pause during the day can help you refocus and feel less overwhelmed. Today is just a reminder that it's okay to slow down. You don't always have to be rushing or doing something. Taking a step back can actually help you move forward in a better way.

Like Sigmund Freud, today's affirmation is: I Matter.

Thank you for listening and have a Winding Down Wednesday!

S.E.A.L. 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

