

May 5, 2026

Good morning I.S.201! This is Micelle from class 751, here with you this  
Talk A lot Tuesday on behalf of the S.E.A.L. Team

Today is Go for Broke Day, a day that reminds us to give it our all and take chances, even when something feels hard or a little scary. "Go for broke" means putting in your full effort and not holding back because remember, "You miss 100% of the shots you don't take."

Whether it's raising your hand in class, trying out for a team, or speaking up with a new idea, today is the day to go for it!

So don't hold back, believe in yourself and take that chance. You never know what you might achieve!

Like Sigmund Freud, the affirmation of the day is: "I believe that learning about my mind helps me grow."

Thank you for listening and Try Something New Tuesday 😊

## 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

