

May 13, 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 Good Samaritan Day, which is about helping others without expecting anything in return. It's about choosing to do the right thing, even when it's not a big deal or no one notices.

It's easy to think helping has to be something big, but most of the time it's small things that actually matter. It could be helping someone who's confused, checking in on someone who seems off, or just choosing not to ignore a situation where someone needs support. These moments don't take much effort, but they can make a real difference.

Doing the right thing isn't always what's easiest, especially when no one is paying attention. But your actions still matter, even when they go unnoticed.

Like Sigmund Freud, today's affirmation is: "I believe that talking helps me feel better."

Thank you for listening and have a Welcoming 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

