

April 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.

I hope you all had a wonderful long weekend! Today is April 2nd, the start of a new month, and it just so happens that April is the National Month of Hope. This month is all about celebrating the power of hope and the belief that things will work out in the end, especially when the situation seems otherwise.

Hope as a concept is incredibly important. It is a powerful emotion that inspires and motivates countless people around the world. It encourages people to put their faith and trust in the impossible. Have you noticed how frequently people use the word "hope" in everyday conversations? That shows the extent to which hope is rooted in our culture and how important it is in our society. Moreover, hope is universal. Hope is a feeling that you can find in every culture. Every language has a word for hope. Every religion has lessons about the power of hope. Hope has been featured in ancient art and in great literature across millennia.

Throughout this month, find it in you to spread some hope as well as feel it. Volunteer at some community service, lift the spirits of someone stressing about school, or simply commit to small acts of kindness for the whole month. Don't forget to keep your own hope, too. Hope is something that opens the heart, mind, and soul, but sometimes people forget the significance of hope. Remember to take a deep breath and visualize a new situation, whether it is about your past, present, or future.

Hope, of course, is not something that can be confined to one singular month. When things are feeling tough, keep your chin up and keep looking forward. Have some hope.

Thank you and have a Trust Yourself 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

