

January 16, 2025

Good morning, I.S. 201! My name is Amelia Tuzzolino from class 631, and I'm here on behalf of the SEAL Team for this Thoughtful Thursday.

Did you know that January is *Get a Balanced Life Month*? This is a great time to think about how we can keep our lives balanced in all the right ways. What does that mean? It's about making time for everything that helps us stay happy and healthy—like schoolwork, family, friends, fun hobbies, and even relaxing! Balance is key to feeling our best and achieving our goals. Remember, it's okay to take a break when you need one or to ask for help if things feel overwhelming.

As Dr. Seuss once said, "Step with care and great tact, and remember that life's a great balancing act." Let's all take steps this month to bring more balance into our lives—whether that's getting more sleep, spending time with friends and family or reading a book.

Thanks for listening and have a Take a Break Thursday 😊

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

