

June 22, 2026

Good morning, everyone! I'm Amelia from Class 731, here with you this Motivational Monday from the SEAL Team!

Today is National Selfie Day, a day that celebrates taking photos to capture special moments and memories. While selfies are often a fun way to express yourself, they can also remind us of the importance of confidence and being comfortable with who we are. Everyone has unique talents, interests, and qualities that make them special. Instead of focusing on being perfect, focus on being yourself and treating others with kindness and respect. Don't forget that the best version of you is the one that is genuine and true to yourself and others!

Like Anne Frank, the affirmation of the day is, "I choose hope over fear."

Thanks for listening and have a Moment in Time Monday 😊

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

