

February 12, 2024

Good morning IS201! I'm Elly Wu Feng from 851 back with you on this Motivational Monday on behalf of the SEAL Team.

As some of you may know, this year is the Year of the Dragon! The Dragon is the 5th of the 12th year cycle of animals which appear in the Chinese calendar related to Chinese New Year. It is believed that the Dragon represents strength, good fortune, good leadership, and success. So, we hope you will be courageous and bold in the new year, just like the dragon! Today is also the birthday of our 16th president, Abraham Lincoln! From the Passage of the Emancipation Proclamation to the Thirteenth Amendment, and to the Gettysburg Address, Lincoln truly exemplified the meaning of a dedicated and unselfish leader. And now let's listen to some inspirational words from our 16th president, "You cannot escape the responsibility of tomorrow by evading it today." What Abraham Lincoln meant is that you cannot avoid responsibilities and conflicts infinitely. They must be addressed someday anyway, so why not face it today? Delaying or avoiding responsibilities can even lead to negative consequences. So, act quick and act today!

Affirmation of the Day-

"I offer kind words to those who are going through difficult times." When we are compassionate, we try to put ourselves in other people's shoes and understand what they are going through. Being caring and compassionate is as easy as saying "I'm here for you" and giving someone a hug.

Thank you and have a Make Moves Today Monday 😊

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

