

June 3, 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 World Bicycle Day, which is about more than just riding a bike. Riding a bike takes balance, and that's something that connects to real life too. You don't stay balanced by standing still, you stay balanced by moving forward.

The same idea applies to how you handle things day to day. You won't always feel completely ready or confident, but making progress, even small progress, helps you stay steady. Waiting for the perfect moment usually just keeps you stuck.

There will be times when things feel off , but stopping completely doesn't fix that. Adjusting, trying again, and keeping things moving, even a little, makes a difference over time.

Today is just a reminder that you don't have to have everything figured out. Just keep moving forward, and your balance will come with it.

Like Anne Frank, today's affirmation is: I welcome others with love and understanding

Thank you for listening and have a Well-paced 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

