

November 28,2022

Good morning IS201! I'm Elly from class 751 speaking to you again on this Motivational Monday, on behalf of the SEAL Team. We hope you had a thankful four day weekend.

Did you know? The well-known Portuguese sailor Ferdinand Magellan crossed the Pacific Ocean exactly 502 years ago, on November 28th, 1520. The journey across an uncharted region by Magellan and his men was undoubtedly brave. As the way finder himself said, "Go forth to meet the shadowy future without fear."

You have a special job from the SEAL Team! Try something new, just like Magellan did, and see what happens! Don't actually travel across the entire ocean, please. We didn't want to suggest that. Even while trying anything new can be intimidating and difficult at first, doing so opens up new possibilities and also increases your general self-confidence and motivation. It has also been shown to improve memory and mood. After all, exploring the unfamiliar and being curious are positive traits!

And of course, now let's recite the SEAL Team pledge together.

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

Thank you for listening. The SEAL Team and I wish you all a Make-a-Journey
Monday!!

