

April 14, 2026

Good Morning IS 201! This is Michelle from class 751 here with you this  
Talk A lot Tuesday on behalf of the SEAL Team.

Today we celebrate National Look Up at the Sky Day, a reminder that  
sometimes, all it takes is a simple pause to reset your mindset. Looking up at  
the sky can help us slow down, reflect, and appreciate the bigger picture. No  
matter how busy life gets, it's important to take a breath and stay grounded.

As you go through your day, remember this quote from Walt Whitman,  
an American poet.

"Keep your face always toward the sunshine and shadows will fall behind  
you."

Let this be your reminder to stay positive, keep pushing forward, and not  
let small challenges bring you down. Every day is a new opportunity to grow,  
learn, and be your best self.

Like Leonardo da Vinci, the affirmation of the day is: "I use my hands and  
my heart to create."

Thank you for listening and have a Time to Reflect Tuesday 😊

## 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

