

May 29, 2026

Good morning I.S.201! This is Grace Zhang from class 832, here with you on behalf of the S.E.A.L. Team.

Listening without judging is an important skill that can improve relationships and communication. When people listen without quickly criticizing or making assumptions, it helps others feel respected and understood. Many times, people just want someone to hear them out instead of immediately giving opinions or judging their choices. Good listening means paying attention and trying to understand how the other person feels. This can make conversations more honest and comfortable because people feel safe expressing their opinions. Nonjudgmental listening is also important because it helps people understand different perspectives. Everybody has different experiences, so not everyone thinks the same way. By listening without silent criticism, people can learn new ideas and become more understanding of others. This skill can help reduce arguments and build stronger friendships and teamwork. Overall, listening without judging creates better communication and helps people connect with each other in a more positive way.

Like Sigmund Freud, the affirmation of the day is, “Listen without judging.”

Thanks for listening and have a Free of Judgement Friday 😊

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

