

March 8, 2024

Good morning I.S 201! It's Joanna from class 851 and I will be with you for our S.E.A.L Summaries every Friday on behalf of the S.E.A.L Team.

On the I H.E.A.R.T Me calendar, March is the month of patience. Let's start off with the quote, "Patience is bitter, but its fruit is sweet." More frequently than not, people are impatient. Whether it's when learning a new skill or when waiting for something we long for to happen, we often get frustrated and impatient with the situation- *or* ourselves. Impatience is stated to be a feeling of rising stress when our needs and wishes are being ignored. Especially in the modern world where we're used to instant communication and immediate access to data and information, our patience becomes shorter. With 5G internet available, people expect instant responses, and so we become easily frustrated when we have to actually *wait* for something. As the loading symbol turns around and around, our temper also grows shorter and shorter. Being patient improves our mental health, and would benefit all of us in many ways.

Thank you for listening and have a Forbearance Friday 😊

The affirmation of the day is: “I let go of the need for immediate answers.”

Today’s affirmation relates back to the topic of patience for this month.

When we are patient and release our need to get answers right away, we embrace change. As the saying goes, good things come to those who wait.

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

