

October 28, 2026

Good morning, IS 201! My name is Riley from class 831, and I'm here with you on this Words of Wisdom on behalf of the SEAL Team.

Today we're celebrating National Chocolate Day! Chocolate is a sweet treat that brings smiles to our faces, but today we want to remind you that being sweet isn't just about what you eat it's about how you treat others!

A kind word, a friendly smile, or a thoughtful gesture can make someone's day a little sweeter.

So, here's today's challenge: Make someone's day sweeter without giving them a single piece of chocolate!!! Because the sweetest thing we can do isn't candy, it's kindness.

The affirmation of the day is, "I can be brave and kind at the same time."

Thank you for listening and have a Wholesome 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

