

September 14, 2026

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

Today, September 14th, is National Live Creative Day, a day that encourages us to use our imagination and express ourselves in creative ways. Creativity can mean many different things, whether it's drawing, painting, writing, singing, dancing, acting, designing, or even coming up with new ideas. You don't have to be an amazing artist to be creative sometimes the best ideas come from simply trying something new. So today, challenge yourself to think outside the box, share your ideas, and let your imagination take the lead. You never know what amazing things you can create when you give yourself the chance!

The affirmation of the day is, "I respect that everyone has a story."

Thank you for listening and have a Make Your Own Story Monday.

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

