

May 21, 2026

Good morning IS 201! This is Michelle from 751 here with you this Thoughtful Thursday on behalf of the SEAL Team.

Today's reminder is: "Believe every person has layers of emotion and thoughts."

What you see on the outside is not always the full story. The person sitting next to you, the friend you talk to every day, or even someone you don't get along with all have feelings, struggles, and thoughts you may not see.

As Billie Eilish once said, "You never really know what someone is going through." And that's especially true in middle school, where everyone is figuring things out.

Today, challenge yourself to be more understanding. Before you judge someone, remember there's always more beneath the surface.

Like Sigmund Freud, the affirmation of the day is: "I believe every person has layers of emotion and thoughts."

Thank you for listening and have a Textured Thursday 😊

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

