

May 14, 2024

Good morning, I.S 201! This is Nicole from class 851 here for Talk a Lot Tuesday on behalf of the S.E.A.L. Team.

Today is National Decency Day. It celebrates the importance of being genuine, respectful, and compassionate and how they can be used to have a huge impact, as well as acknowledges the basic standard of being civil that everyone deserves. It's about being a decent person.

Decency is all about active listening, better understanding, and compassion. Today, come up with some resolutions. Make a conscious effort to be a role model for someone. Be mindful about giving your full attention when someone is talking to you or trying to make a point. Think about and appreciate other people's perspectives. Respect others and don't let disagreements escalate. Be a kind person, both today and everyday.

Today's positive affirmation is "I will show respect to all." Respect means that you accept somebody for who they are, even when they're different from you or you don't agree with them. It's important to be respectful to everybody you're talking to, whether it be friends, family, strangers, or even enemies. Respect promotes harmony and emphasizes having positive interactions and relationships with others. It is key to a healthy and thriving community and lays the foundation for positive relationships, effective communication, and spreads the idea of understanding and empathy among individuals and communities.

Of course, don't forget self-respect. Self-respect is the process of accepting yourself as you are. It's not about being perfect; it's about knowing that you're deserving of respect simply for being you.

Thank you and have a Try to be Nice Tuesday 😊

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

