

May 19, 2026

Good morning I.S.201! This is Amelia from class 731, here with you on this Talk A lot Tuesday behalf of the S.E.A.L. Team.

Today's message is all about something really important: learning how to care for your mental health.

Just like we take care of our bodies by eating well and staying active, we also need to take care of our minds. That can mean taking a break when you're overwhelmed, talking to someone you trust, getting enough sleep, or even just giving yourself a moment to breathe and reset.

Middle school can be busy, stressful, and sometimes confusing and that's okay. What matters is that you check in with yourself and remember that your feelings matter.

As someone once said, "It's okay to not be okay... but it's not okay to stay that way."

So today, try one small thing to take care of your mental health whether it's being kind to yourself, helping a friend, or asking for support when you need it.

Like Sigmund Freud, the affirmation of the day is, “I am learning how to care for my mental health.”

Thanks for listening and have a Tranquil Tuesday 😊

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

