

January 23, 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.

Are you scared of making speeches in front of a crowd? Do you try to avoid public spaces at all costs? Today is special because it encourages us to move past these fears and teaches us the importance of speaking your truth out loud. You may wonder what today is. Today, January 23rd, is Speak Up and Succeed Day!

We celebrate Speak Up and Succeed Day to recognize how crucial it is to be able to raise your voice in a public setting and practice public speaking. Speaking up provides us a way to voice our emotions out loud and make others notice us. It can change people's minds and inspire and motivate those who need it. Being able to speak up in front of other people can help you succeed in school, in your future job, or even your personal life. Many people fear public speaking, so today's Speak Up and Succeed Day encourages people to face those fears by meeting them head on. Public speaking is a skill that you can only conquer by challenging yourself, and today is the golden opportunity to do so.

With that out of the way, here are some ways to celebrate Speak Up and Succeed Day. First and foremost, raise your hand! Challenge yourself to speak up today. Work on a presentation for class or even just answer more questions than you normally would. You can also use Speak Up and Succeed Day as a way to motivate others. Spread awareness about how essential it is

to be a good and fearless speaker. Inspire those around you to speak up as well.

Just remember that Speak Up and Succeed Day isn't the only day you should practice public speaking skills. Being able to make a speech or presentation to a crowd is a good skill that you should practice and keep with you all your life. Speak Up and Succeed Day is just a starting point!

Thank you and have a Talk It Out 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

