

Dear Families,

This week our school community will be focusing on the character strength of *Curiosity*. Curiosity means you like exploration and discovery. You ask lots of questions because you want to learn more about anything and everything.

Curiosity is a crucial component of one's character. Our innate urge for discovery and exploration is a key element of our human desire for wisdom and knowledge. It's what keeps us intrigued in the plotlines of movies and books. It's what pushes us to try new activities or travel to different places. All individuals experience curiosity but differ in their willingness to experience it -- behaviorally, intellectually, and emotionally.

Individuals with the character strength of curiosity are more likely to ask questions and try new things. Curiosity, then, is a form of courage. Asking questions exposes the fact that we don't know and trying a new activity means we might fail. But, it's only through asking questions and exploring new opportunities that we learn and grow.

To practice and encourage the character strength of curiosity with your child, please visit the Positivity Project's <u>P2 for Families</u> (password: **P2**) where together you will watch a video, read a quote and talk about the answers to three questions.

Have a wonderful week!