



Dear Families,

This week our school community will be focusing on the character strength of ***Forgiveness***. Forgiveness means you forgive those who have done wrong and you accept that people make mistakes.

Forgiveness is the ability to move past being injured, and allow yourself to reconcile with the person who hurt you. Forgiveness can often be seen as a selfless act, but it also carries many benefits for those who practice it. Those who demonstrate forgiveness have the ability to move forward after someone has hurt them. Forgiveness is often rooted in the idea that all people are valuable and worthy of a second chance. Many who forgive have the ability to consider things from another's perspective.

The ability to reconcile differences and move forward positively is a trait of any effective group. When people work together, conflict is inevitable. However, when people value each other's contribution and believe in the group's goal, they become more capable of moving past conflict toward genuinely positive behavior. A group member's willingness to forgive imperfections of both other members and the group as a whole contribute to overall success.

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

Have a wonderful week!