THE POSITIVITY PROJECT

Dear Families,

This week our school community will be focusing on the Other People Mindset of ***Supporting Others When They Struggle.*** This means when other people are struggling, we do our best to help them out.

Supporting other people when they struggle is a critical piece of being human. There are many different approaches to helping people who are struggling. These can include: listening while they describe an event and their feelings about it, taking action to help people in need, or simply just being there and sitting together in silence. Everyone faces tough days and needs support, and this support leads to a chain of prosocial behavior that makes us feel good about ourselves and our group.

To practice and encourage the character strength of perspective 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!