



Dear Families,

This week our school community will be focusing on the character strength of ***Optimism***. Optimism means you expect the best from the future and work to achieve it.

Optimism represents a state of hopefulness and confidence about the future (both short and long term). People with this strength are future-oriented. They have a positive vision of what the future holds and maintain confidence that they will get there. Despite setbacks, they keep a positive attitude and often find ways to convert what seems like an obstacle into a stepping-stone to achieving their goals.

Optimism is not about wearing rose-colored glasses and rolling over when the going gets tough. It's about staying focused on the good in any situation -- allowing you to be aware of opportunities and accountable for your emotions. Optimists are strong leaders. They find meaning in hardship and can create a vision for the future. Optimists are inspiring; their example is contagious. And, by sharing and achieving their vision -- despite setbacks -- they help us all achieve more.

To practice and encourage the character strength of optimism 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!