

Dear Families,

This week our school community will be focusing on the character strength of *Perseverance*. Perseverance means you complete what you start despite obstacles. You never give up.

The concept of perseverance can most often be found in one's active pursuit of overcoming obstacles. Perseverance is a uniquely human characteristic that identifies an individual's ability to spend long periods of time devoted to a single goal or set of goals. People demonstrating high levels of perseverance can handle significant, sometimes repeated, setbacks in pursuit of goals.

Those who persevere through setbacks often reap the benefits of the success gained by refusing to give up. Sometimes, this comes with the added benefit of increased knowledge and skill as a result of the work needed to achieve. A single group member's ability or willingness to persevere can substantially impact those working with them and the team. Groups that show high levels of perseverance can achieve goals they may not have believed possible.

To practice and encourage the character strength of perseverance 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!