



**THE
POSITIVITY
PROJECT**

Dear Families,

This week our school community will be focusing on the Other People Mindset of ***Cheering Others' Successes***. This means when other people succeed, I am happy for them and cheer them on.

Being happy for other people when they succeed isn't always everyone's initial reaction. Often, it's easy to become jealous or envious of others' victories -- or even to experience *schadenfreude*, which is deriving pleasure from witnessing (or learning about) another person's misfortune. People who have these reactions to the success or misfortune of others are colloquially known as "haters." It's important to note that these are natural emotions and in small doses can be helpful in allowing us to see what we care about -- and motivate us to pursue those goals.

But making a commitment towards cheering on other people's successes can be a great way to improve our own health, happiness, and relationships. People can take active steps to be more genuinely happy for the achievements of others. Ways to do this include; telling others about the success of your modest friend; noticing when your reaction to a sibling's success is envy or jealousy -- and asking yourself why that is; reminding yourself that appreciating the excellence in another is a character strength; asking your successful teammates and classmates what they do to prepare for games or tests.

Being supportive of people who succeed is good for our mental, physical, and emotional well-being and when people cheer each other on it begins a reciprocal process that forges stronger relationships. Those relationships are the foundation for a strong culture in teams, schools, and businesses.

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!