



Dear Families,

This week our school community will be focusing on the character strength of **Love**. Love means you value close relationships with others and being close to people.

The character strength of love represents the way we think, feel, and behave towards the people with whom we have close relationships. When one person loves another person, that person: comforts and makes the other feel safe; sacrifices on the other's behalf; supports the other during struggles; and places the others' needs ahead of their own. If you love a person, that person makes you feel safe and secure. You can be yourself with that person. You miss that person when they are not around.

On a group level, love is vital for the wellbeing of society. The world is endlessly interconnected. We are all dependent upon each other for survival and happiness. Love produces positive feelings, which help negate loneliness, anxiety, and depression. Without love, we cannot form strong relationships with our families, friends, or communities. A world without love is a dangerous world.

To practice and encourage the character strength of love 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!