



**THE
POSITIVITY
PROJECT**

Dear Families,

This week our school community will be focusing on the character strength of ***Humility***. Humility means you do not seek the spotlight. You let your actions speak for themselves.

Humble people have an accurate (not underestimated) sense of their abilities and achievements. They hold the capacity to acknowledge their mistakes and limitations, and are open to advice and new ideas. They do not show off their possessions or accomplishments.

Developing humility is associated with positive developmental outcomes in individuals. It allows a person to honestly reflect on their abilities and acknowledge how and where they can improve. Humility opens them up to new ideas, advice, and (consequently) abilities that pride, arrogance, or pretentiousness often block. Therefore, humility makes them desired members of a team.

To practice and encourage the character strength of humility 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!