



Dear Families,

This week our school community will be focusing on the character strength of ***Love of Learning***. Love of learning means you master new topics on your own or in school.

Those with a love of learning are intrinsically motivated and engaged in a topic regardless of achieving an external standard. They enjoy learning simply for the sake of learning. They don't need a prize or a high grade as a reward. Their reward is the process of doing the work and improving.

Developing a love of learning is highly beneficial for an individual. It means that they are intrinsically motivated to deepen their existing skills and abilities, or learn something completely new. Since intrinsically motivated action is correlated with positive emotions, those who act on their love of learning may also have enhanced mental and physical health. Additionally, individuals who love learning have the desire and ability to overcome challenges, due to a sense of autonomy and control over their environment.

To practice and encourage the character strength of love of learning 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!