



Dear Families,

This week our school community will be focusing on the Other People Mindset of ***Identifying and Appreciating the Good in Others***. It's important to deliberately work to identify and appreciate others' character strengths.

Identifying and appreciating the good in others is a core tenet of the Other People Mindset. This isn't always what comes naturally. Often, it's easier to blame others for our problems or find flaws in others to use as excuses for our own jealousy, bitterness, or resentment. The problem is that this negativity usually leads to problems -- for ourselves, for the other person, and for our relationships.

Identifying and appreciating the good in other people helps you see the world through a more positive -- and less threatening -- lens. If you're constantly seeing the negative traits of people, you're going to think the world is comprised of bad people -- and you're going to operate from a defensive posture. This isn't to say that we should be naive or see the world, and its people, through "rose-colored glasses." It's just that we should strive to understand people's intent. If you see the good in another, they are likely to see the good in you.

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!