

Dear Families/Caregivers,

Self-knowledge is understanding one's own interests and strengths.

We have been talking about and exploring our own strengths like what we are good at, and our character strengths (the quality of who we are as a person). Here are some of the character strengths that we explored:

Compassion: Caring and helping people.

Courage: Don't let fear stop them. Even when scared, they still step up and try new things.

Honesty: Telling the truth, even when it is difficult. It's also about being fair and playing by the rules.

Curiosity: Love to explore, learn, and try new things.

Kindness: Being nice to other people – say nice things, share, and include others.

Creativity: Use imagination to see things, do things, or create things in a new way.

Some other character traits include intelligence, loyalty, generosity, patient, fair, adventurous.

Talk with your child about his or her character strengths. Discuss the character strengths of other people in your child's life or the character strengths of characters in books, TV shows, or movies. Our character has a lot to do with the choices that we make and our ability to handle different situations.

Sincerely,

Your Child's Teacher