



**THE
POSITIVITY
PROJECT**

POSITIVITY PROJECT FAMILY INFORMATION LETTER

"I can sum up positive psychology in just three words—other people matter. Period. Anything that builds relationships between and among people is going to make you happy." -Dr. Chris Peterson

What is The Positivity Project?

The Positivity Project (P2) is dedicated to empowering America's youth to build positive relationships by recognizing the character strengths in themselves and others. Their vision is to help schools and families cultivate citizens and leaders who will enhance our communities and world. Positive psychology's scientifically validated 24 character strengths serve as its foundation. Positive psychology research tells us that all people, across all contexts and cultures, have all 24 strengths within them — they just sequence differently.

P2 equips Pre-K-12 schools with digital resources, training, and strategy to teach positive psychology's 24 character strengths and empower their students to build positive relationships. It is a school-wide endeavor, grounded in the consistency of daily classroom instruction. Their model is holistic; it incorporates students, educators, and families through regular interaction with character strengths vocabulary and concepts.

The Positivity Project will help educators instill vocabulary and the meaning of the strengths through explicit teaching of each strength on a consistent basis. Schools will dedicate one week to each strength to help students understand them through definition, examples, discussions, and exercises. Schools and educators are encouraged to personalize the materials for their school communities to deepen the relevance of this work.

What are the benefits of implementing The Positivity Project?

The Positivity Project evolves and deepens throughout a student's whole school career. P2 empowers students by acknowledging that the 24 character strengths are already a part of who they are as people. Once students learn the meaning of each strength and what it looks like, they can then be easily and authentically identifiable beyond the classroom setting. Students are then able to better understand and appreciate others while also increasing their self-awareness by recognizing strengths within themselves and within others. As a result, students experience an increased sense of belonging, and they are able to more successfully communicate, collaborate, think critically, and exercise creativity. *The International Journal of Education* recently published [research](#) around P2's efficacy highlighting associations between P2 implementation and students' overall sense of relatedness.

How can you help?

We know that family involvement is an integral part of student success, and we would love for you to take an active role in your student's character strength education. [P2 for Families](#) (password: **P2**) provides an easy, accessible way to reiterate the character strengths vocabulary and have meaningful discussions about the importance of relationships at home. Additionally, you can follow us on [Twitter](#), [Facebook](#), and [LinkedIn](#) to stay up to date on all things P2.



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CHARACTER STRENGTH DEFINITIONS



Appreciation of Beauty & Excellence

You notice and value the world's beauty and people's skills. You don't take things for granted.



Bravery

You act with mental, moral, or physical strength even when you know things are difficult or scary.



Creativity

You come up with new and original ways to think about and do things.



Curiosity

You like exploration and discovery. You ask lots of questions because you want to learn more about anything and everything.



Enthusiasm

You approach life with excitement and energy. You energize people around you.



Fairness

You believe that all people have value. You approach situations with an unbiased mindset and treat everyone with respect.



Forgiveness

You forgive those who have done wrong. You accept that people make mistakes.



Gratitude

You are aware of and thankful for good things that happen.



Humility

You do not seek the spotlight. You let your actions speak for themselves.



Humor

You like to laugh and bring smiles to other people.



Integrity

You are honest and speak the truth. You present yourself genuinely and sincerely.



Kindness

You are generous to others, and you are never too busy to help out. You enjoy doing good deeds for other people.



Leadership

You value each member of your group and inspire people to do their best.



Love

You value close relationships with others and being close to people.



Love of Learning

You master new skills and topics on your own or in school.



Open-Mindedness

You like to consider new ideas and try new things. You examine things from all sides and don't jump to conclusions.



Optimism

You expect the best from the future and work to achieve it.



Perseverance

You complete what you start despite obstacles. You never give up.



Perspective

You appreciate that people see things in different ways. You have the ability to understand the world from multiple points of view.



Prudence

You plan for the future and achieve your goals by making careful everyday choices.



Purpose

You have beliefs about the meaning of life and your life's purpose. You seek to be part of something greater than yourself.



Self-Control

You have the ability to control your emotions and behaviors. You think before you act.



Social Intelligence

You are aware of other people's thoughts and feelings. You understand why they do things.



Teamwork

You work well as a member of a group or team. You are loyal, reliable, and dedicated to helping your team achieve its goals.