



December 2, 2024

Dear Families,

This week, our school community will focus on the character strength of **Kindness**. Kindness means being generous to others, never being too busy to help out, and you enjoy doing good deeds for other people.

Kindness is based on the belief that everyone deserves care, attention, and compassion. Kind people think about others' needs and feelings and take action to help. They are selfless, helping others because it's the right thing to do, not for any personal gain.

People who are kind have a strong sense of duty to care for others. Their acts of kindness inspire more kindness in return.

To practice and encourage the character strength of kindness at home, please visit The Positivity Project's mobile-friendly P2 for Families (available in [English](#) and [Spanish](#)), where you will watch a video together and discuss a quote and three questions. Below are links to this week's P2 for Families lessons. Click on the grade level that best meets your child's needs.

Pre-K-K	Grades 1-2	Grades 3-5	Grades 6-8	Grades 9-12
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Thank you for your support!

Respectfully,

Jessica Smatko

Jessica Smatko
Coordinator for School Improvement/
Teacher on Special Assignment



KINDNESS

Virtue: Humanity. Strengths of humanity involve caring interpersonal relationships with others, particularly in one-to-one relationships. Strengths comprised in this virtue are love, kindness, and social intelligence.



WHAT DOES KINDNESS MEAN?

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

WHY DOES THIS MATTER?

Kind people think about the needs and feelings of other people, then help others because it is the right thing to do, not because they expect anything in return. Kindness is contagious — acts of kindness towards others lead to additional acts of kindness by those who have been helped.

QUOTES ON KINDNESS

"Choose being kind over being right, and you'll be right every time."

—Richard Carlson

"Kindness in words creates confidence, kindness in thinking creates profoundness, kindness in giving creates love."

—Lao Tzu

"Kind words can be short and easy to speak, but their echoes are truly endless."

—Mother Teresa

"No act of kindness, no matter how small, is ever wasted."

—Aesop

