December 9

Dear Families,

This week, our school community will focus on the Other People Mindset of ***Supporting Others When They Struggle.*** This means when other people are struggling, we do our best to help them out.

Supporting other people when they struggle is a critical part of being human. There are many different approaches to helping people who are struggling. These can include listening while they describe an event and their feelings about it, taking action to help people in need, or simply being there and sitting together in silence. Everyone faces tough days and needs support, and this support leads to a chain of prosocial behavior that makes us feel good about ourselves and our group.

To practice and encourage this Other People Mindset 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

Stay tuned for more P2 updates and ask your students about the *12 Days of Kindness* challenge.   As always, thank you for your support.

Respectfully,

Jessica Smatko

Jessica Smatko
Coordinator for School Improvement/Teacher on Special Assignment

Other People Mindset (OPM)

Supporting others when they struggle

"No one is useless in this world who lightens the burdens of another."
-Charles Dickens

WHAT DOES THIS MEAN?

When other people are having a hard time, you do your best to help them.

WHY DOES IT MATTER?

Learning to tie your shoes can be really hard! If you see a friend getting frustrated or sad, you can help to teach them. If you don't know how, just letting them know you are still learning too can help them feel better. Supporting others is an important part of being a good friend.

KIND

SUPPORTIVE

SUPPORTING OTHERS

CARING

GIVING