

Below is the Positivity Project's 24 character strengths by week. Parents/guardians, please click the links to learn more about what your child(ren) were educated on this week.

- **SEP 12–16: Intro Week – Other People Mindset (OPM)**
 - **SEP 19–23: Curiosity**
You like exploration and discovery. You find all things fascinating.
 - **SEP 26–30: Teamwork/Citizenship**
You work well as a member of a group or team. You are loyal to the group.
 - **OCT 3–7: Open-Mindedness**
You examine things from all sides and don't jump to conclusions.
 - **OCT 10–14: OPM - Being present and giving others my attention**
 - **OCT 17–21: Integrity**
You speak the truth and present yourself genuinely and sincerely.
 - **OCT 24–28: Creativity**
You come up with new and productive ways to think about and do things.
 - **OCT 31–NOV 4: OPM – Knowing my words and actions affect others**
 - **NOV 7–11: Bravery**
You show courage even when things are difficult or scary.
 - **NOV 14–18: Gratitude**
You are aware of and thankful for good things that happen.
 - **NOV 21–25: Gratitude**
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 - **NOV 28–DEC 2: Kindness**
You are generous to others and you are never too busy to help out. You enjoy doing good deeds for others.
 - **DEC 5–9: OPM – Supporting others when they struggle**
 - **DEC 12–16: Self-Control/Self-Awareness**
You have the ability to control your emotions and behaviors. You think before you act.
 - **JAN 2–6: Optimism/Hope**
You expect the best from the future and work to achieve it.
 - **JAN 9–13: Prudence**
You are careful about your choices and you don't take undue risks.
 - **JAN 16–20: Perseverance/Grit**
You complete what you start despite obstacles. You never give up.
 - **JAN 23–27: Social Intelligence**
You are aware of the feelings of other people and why they do things.
 - **JAN 30–FEB 3: Forgiveness**
You forgive those who have done wrong and you accept other people's shortcomings.
 - **FEB 6–10: OPM – Cheering others' success**
 - **FEB 13–17: Love**
You value close relationships with others and being close to people.
 - **FEB 27–MAR 3: Love of Learning**
You master new skills and topics on your own or in school.
 - **MAR 13–17: OPM – Identifying & appreciating the good in others**
 - **MAR 20–24: Perspective**
You understand that people see things in different ways.
 - **MAR 27–31: Humor**
You like to laugh and bring smiles to other people.
 - **APR 3–7: Fairness**
You treat people all the same and give everyone a fair chance.
 - **APR 17–21: Appreciation of Beauty & Excellence**
You notice and appreciate everything around you. You don't take things for granted.
 - **APR 24–28: Purpose**
 - **MAY 1–5: Enthusiasm**
You approach life with excitement and energy.
 - **MAY 8–12: Leadership**
You encourage members of your group and value each one.
 - **MAY 15–19: Outro Week – Other People Mindset**
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