

April 7, 2025

Dear Families,

Next week, our school will focus on the character strength of Perspective. This means understanding and appreciating different points of view. Perspective, often seen as wisdom, goes beyond intelligence. People with this strength are valued for their advice because they see the big picture and understand complex issues.

Those with perspective can get to the heart of difficult matters and bring clarity. They are honest, ethical, and good at seeing what truly matters. This helps them stay calm and learn from mistakes. By reflecting on their own feelings and thoughts, they can empathize with others and offer strong listening and questioning skills. They help their groups navigate challenges and find opportunities for success.

To practice and encourage the character strength of perspective at home, please visit The Positivity Project's mobile-friendly P2 for Families (available in <u>English</u> and <u>Spanish</u>), 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	<u>Grades 6–8</u>	<u>Grades 9–12</u>

Thank you for your support!

Respectfully, *Jessica Smatko*



Jessica Smatko

Coordinator for School Improvement/TOSA (Teacher on Special Assignment)





PERSPECTIVE



"If you don't like something change it; if you can't change it, change the way you think about it." -Mary Engelbreit

WHAT DOES PERSPECTIVE MEAN?

You know that people see things in different ways and may have a different point of view from you.

WHY DOES THIS MATTER?

Did you know that bats sleep hanging upside down? Can you imagine sleeping this way? Perspective helps you consider what other people experience or feel. It can make you a better friend and even help you better understand yourself!



