May 12, 2025

Dear Families,

This week, our school will focus on the character strength of **Appreciation of Beauty and Excellence**. This means noticing and valuing the world's beauty and people's skills and not taking things for granted.

Appreciation of Beauty and Excellence involves recognizing and enjoying what is admirable. Positive psychology identifies three types of goodness: physical beauty (like sunsets or music), exceptional skills or talents, and moral goodness (like character strengths). Appreciating beauty can inspire awe, skills can generate admiration, and moral goodness can elevate us. These feelings help us forget ourselves and find more joy and meaning in the world.

This strength helps individuals experience positive emotions and connect with the world around them. It is outward-facing, focusing on external beauty and excellence, often leading to deep absorption in awe or admiration, which can help alleviate anxieties. It is also linked to other strengths, such as gratitude, curiosity, love of learning, and purpose.

To practice and encourage this strength 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

Thank you for your support!

Respectfully,

Jessica Smatko

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

APPRECIATION OF BEAUTY AND EXCELLENCE

"Give every day the chance to become the most beautiful day of your life." -Mark Twain

WHAT DOES APPRECIATION OF BEAUTY AND EXCELLENCE MEAN?

You appreciate the world's beauty and the amazing skills that people have.

WHY DOES THIS MATTER?

This strength helps you notice things around you that make you feel good. Like when you take a walk and feel happy when you see and smell pretty flowers.

APPROVING

ADMIRING

APPRECIATION OF BEAUTY AND EXCELLENCE

FASCINATED

CAPTIVATED