



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.

<a href="#">Pre-K-K</a>	<a href="#">Grades 1-2</a>	<a href="#">Grades 3-5</a>	<a href="#">Grades 6-8</a>	<a href="#">Grades 9-12</a>
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Thank you for your support!