



**THE
POSITIVITY
PROJECT**

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.

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| Pre-K-K | Grades 1-2 | Grades 3-5 | Grades 6-8 | Grades 9-12 |
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Thank you for your support!