



**THE  
POSITIVITY  
PROJECT**

Dear Families,

This week, our school will focus on the character strength of **Self-Control**. Self-control means having the ability to control your emotions and behaviors. You think before you act.

Having self-control helps people stay calm during tough times and avoid impulsive actions. It doesn't mean you don't have thoughts or feelings; it means you can manage them.

When working or gathering in groups, self-control is shown through "self-monitoring." This means being honest about what works and what doesn't. Group members adjust their roles to help the group succeed.

To practice and encourage the character strength of self-control 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 continued support!