



Dear Families,

This week, our school community will focus on the character strength of **Optimism**. Optimism means that you expect the best from the future and work to achieve it.

Optimistic people have hope and confidence about the future. They believe good things will come and stay positive even when faced with challenges. They turn obstacles into steps toward their goals.

Optimism isn't just seeing the world through rose-colored glasses. It's about focusing on the good in any situation, staying open to opportunities, and managing emotions. Optimistic people make great leaders and can inspire others with their positive outlook and ability to find meaning in difficult times.

To practice and encourage the character strength of optimism 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!