



**THE
POSITIVITY
PROJECT**

Dear Families,

This week, our school community will focus on the character strength of ***Forgiveness***. Forgiveness means letting go of anger toward those who have done wrong and accepting that people make mistakes.

When we forgive, we can move past being hurt and make peace with what happened. Forgiveness heals and strengthens our relationships. It doesn't erase what happened, but it helps us let go of the hurt and move forward.

Seeking forgiveness shows that a person values relationships and understands the impact of their actions. It shows humility, accountability, and a willingness to make amends. By seeking forgiveness, a person shows they care about resolving conflicts and restoring trust. It also shows emotional maturity and a commitment to personal growth.

To practice and encourage forgiveness 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
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Thank you for your support!