



Dear Families,

This week, our school community will focus on the character strength of **Love**. Love means you value close relationships with others and being close to people.

Love is shown through our thoughts, feelings, and actions toward those we care about. When we love someone, we comfort them, make them feel safe, support them during tough times, and often put their needs before our own. When someone loves us, we feel safe and secure and can be ourselves around them. We miss them when they are not around.

Love is important for our community and society. We all depend on each other for happiness and well-being. Love creates positive feelings, helping to reduce loneliness, anxiety, and depression. Without love, we can't form strong bonds with our families, friends, or communities. A world without love would be a lonely and unsafe place.

To practice and encourage the character strength of love 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>
-------------------------	----------------------------	----------------------------	----------------------------	-----------------------------

Thank you for your support!