



Dear Families,

This week, our school community will focus on the Other People Mindset of ***Identifying and appreciating the good in others***. It's important to deliberately work to identify and appreciate others' character strengths. It's not always easy to notice people's strengths, but it's something we should all practice.

Often, it's easier to blame others or focus on their mistakes, which can lead to negative feelings like jealousy or frustration. This negativity can create problems, not just for us but also for our relationships with others.

When we make an effort to see the good in people, we start to see the world in a more positive way. If we always focus on the bad, it feels like we're surrounded by negativity, which makes us defensive and stressed. This doesn't mean we should ignore reality or pretend everything is perfect, but we should try to understand others and recognize their good intentions. When we see the good in others, they are more likely to see the good in us.

To practice and encourage the 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.

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