



Dear Families,

This week, our school community will focus on the character strength of ***Enthusiasm***. Enthusiasm means approaching life with energy and excitement, and it helps bring joy to those around us.

When people are enthusiastic, they show excitement about tasks, making it easier for them and others to stay involved. Enthusiastic people often inspire others, bringing fresh ideas and helping groups work better together.

Enthusiasm is contagious! It can lead to more success and happiness for both individuals and groups. When one person shows enthusiasm, it can encourage others to feel more energized and motivated, too.

To practice and encourage the character strength of enthusiasm 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!