THE POSITIVITY PROJECT

Dear Families,

This week, our school will focus on the character strength of **Integrity**. Integrity means being honest, truthful, and genuine.

Integrity is doing the right thing even when no one is watching. People with integrity tell the truth and align their thoughts, feelings, and actions. They have the courage to stick to their beliefs, even if it means not following the crowd. Integrity is closely related to honesty and authenticity.

Integrity is essential for personal growth and well-being. When your thoughts, feelings, and actions are in harmony, you can grow and achieve your goals. Being authentic and genuine makes you more likable and trusted by others, improving your relationships.

To practice and encourage the character strength of integrity 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

Thank you for your support!

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