THE POSITIVITY PROJECT

Dear Families,

This week, our school community will focus on the character strength of ***Bravery.*** Bravery means you act with mental, moral, or physical strength, even when you know things are difficult or scary.

Bravery refers to voluntary (not coerced) action in the face of a dangerous circumstance. This strength involves judgment; the brave person must have an understanding of the risks and consequences involved in acting. According to Socrates and Plato, forethought separates acts of valor from acts of rashness. This means that bravery isn't simply fearlessness but instead the overcoming of fear.

Overcoming fears is critically important in individual development, as it allows the person to do more and become more. A person can be brave every single day. For example, some people with social anxiety are brave just by leaving their houses and talking with people. On a physical level, bravery allows us to overcome fears, such as swimming or playing a sport. And, on a moral level, doing what we know to be right, despite the risks, gives us the sense that we are acting on behalf of a larger purpose.

To practice and encourage the character strength of bravery 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!