


November 2, 2026

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 |
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Thank you for your support!
Respectfully,

Jessica Smatko

Jessica Smatko
Elementary Principal/
Coordinator for School Improvement

# BRAVERY

***Virtue: Courage.*** *Strengths of courage involve applying will and fortitude in overcoming internal or external resistance to accomplish goals. Strengths comprised in this virtue are bravery, perseverance, integrity, and enthusiasm.*

THE POSITIVITY PROJECT

## WHAT DOES BRAVERY MEAN?

You act with mental, moral, or physical strength even when you know things are difficult or scary.

## WHY DOES THIS MATTER?

Finding strength to overcome our fears is an important part of growing up. A person can be brave every single day. For example, some people with social anxiety are brave just by leaving their homes and talking with people. Physical bravery allows us to overcome fears, such as swimming or playing a sport. Moral bravery is doing the right thing, even when those around us choose not to.

## QUOTES ON BRAVERY

*"She stood in the storm, and when the wind did not blow her away, she adjusted her sails."*
**–Elizabeth Edwards**

*"A brave man, a real fighter, is not measured by how many times he falls, but how many times he stands up."*
**–Rickson Gracie**

*"When dark situations arise, it is an opportunity for you to reveal the leader in you. Rise and deal with them."*
**–Israelmore Ayivor**

*"Nobody but you have to believe in your dreams to make them a reality."*
**–Germany Kent**

