THE POSITIVITY PROJECT

Dear Families,

Over these next two weeks, our school community will focus on the character strength of **Gratitude**. Gratitude means being aware of and grateful for good things that happen.

Gratitude is about feeling and showing thankfulness. It helps us see the good in others and in the world. People with gratitude are ready to appreciate and return kindness. Expert Robert Emmons says gratitude strengthens relationships because it makes us recognize how others support us.

Out of all 24 character strengths, gratitude is the single best predictor of individual well-being. It is linked to more energy, empathy, happiness, and optimism. The good news is that gratitude can be practiced and strengthened like a muscle. The more we practice it, the more benefits we get.

To practice and encourage this strength 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!