



**THE  
POSITIVITY  
PROJECT**

## **POSITIVITY PROJECT FAMILY INFORMATION LETTER**

*"I can sum up positive psychology in just three words—other people matter. Period. Anything that builds relationships between and among people is going to make you happy." -Dr. Chris Peterson*

### **What is The Positivity Project?**

The Positivity Project (P2) is dedicated to empowering students to build positive relationships and become their best selves. Positive psychology's 24 character strengths serve as its foundation. Ranging from bravery and perseverance to integrity and gratitude, the character strengths are classified and described in the 800-page book *Character Strengths and Virtues*. These strengths aren't about ignoring the negative. Instead, they help us overcome life's inevitable adversities.

To achieve its mission, P2 partners with Pre-K – 12 schools and equips educators with the resources, training, and strategy to teach their students about character strengths and positive relationships. P2 is a school-wide endeavor grounded in the consistency of daily classroom instruction. P2 Partner Schools dedicate one week to each strength and students learn through daily 15-minute classroom lessons that are different for every grade level. These lessons help students understand character through definitions, examples, discussions, and exercises. P2's model is holistic, incorporating students, educators, and parents through regular interaction with character strengths vocabulary and concepts.

### **What are the benefits of implementing The Positivity Project?**

By consistently teaching students about the character strengths that people possess, they see themselves and other people based on the content of their character. This ability enhances their self-awareness and self-confidence, understanding and appreciation of others, and interpersonal relationships – which, in the long-term, will positively influence students across their lifespans. In the near term, it leads to more positive interactions and positive relationships within classrooms and schools – ultimately leading to a more positive school culture that supports teachers' ability to teach and students' ability to learn.

P2 evolves throughout a student's entire school career. As students grow and understand character through instruction and experience, the strengths gain more meaning. They become a part of a student's vocabulary and how they see themselves and the people around them – to include characters in books and movies.

P2 empowers students by acknowledging that the 24 character strengths are already part of who they are as people. It helps them realize that each and every one of them can tap into these strengths – and not just as students, but for the rest of their lives.

### **How can you help?**

Family involvement is an integral part of student success, and we would love for you to take an active role in your student's character strength education. [P2 for Families](#) (password: **P2**) provides an easy, accessible way to reiterate the character strengths vocabulary and have meaningful discussions about the importance of relationships at home. Additionally, you can follow P2 on [Twitter](#), [Facebook](#), [LinkedIn](#), and [YouTube](#) to stay up to date on all things P2.



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## CHARACTER STRENGTH DEFINITIONS



### **Appreciation of Beauty & Excellence**

You notice and value the world's beauty and people's skills. You don't take things for granted.



### **Bravery**

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



### **Creativity**

You come up with new and original ways to think about and do things.



### **Curiosity**

You like exploration and discovery. You ask lots of questions because you want to learn more about anything and everything.



### **Enthusiasm**

You approach life with excitement and energy. You energize people around you.



### **Fairness**

You believe that all people have value. You approach situations with an unbiased mindset and treat everyone with respect.



### **Forgiveness**

You forgive those who have done wrong. You accept that people make mistakes.



### **Gratitude**

You are aware of and thankful for good things that happen.



### **Humility**

You do not seek the spotlight. You let your actions speak for themselves.



### **Humor**

You like to laugh and bring smiles to other people.



### **Integrity**

You are honest and speak the truth. You present yourself genuinely and sincerely.



### **Kindness**

You are generous to others, and you are never too busy to help out. You enjoy doing good deeds for other people.



### **Leadership**

You value each member of your group and inspire people to do their best.



### **Love**

You value close relationships with others and being close to people.



### **Love of Learning**

You master new skills and topics on your own or in school.



### **Open-Mindedness**

You like to consider new ideas and try new things. You examine things from all sides and don't jump to conclusions.



### **Optimism**

You expect the best from the future and work to achieve it.



### **Perseverance**

You complete what you start despite obstacles. You never give up.



### **Perspective**

You appreciate that people see things in different ways. You have the ability to understand the world from multiple points of view.



### **Prudence**

You plan for the future and achieve your goals by making careful everyday choices.



### **Purpose**

You have beliefs about the meaning of life and your life's purpose. You seek to be part of something greater than yourself.



### **Self-Control**

You have the ability to control your emotions and behaviors. You think before you act.



### **Social Intelligence**

You are aware of other people's thoughts and feelings. You understand why they do things.



### **Teamwork**

You work well as a member of a group or team. You are loyal, reliable, and dedicated to helping your team achieve its goals.