



THE 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 an organization whose mission is to empower students to build positive relationships and become their best selves (NOTE: Watch the P2 founding story video [here](#)). 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 — including 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](#) 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.



THE
POSITIVITY
PROJECT

CHARACTER STRENGTH & OPM 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.



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OPM – Being Present and Giving Others My Attention: When you're with other people, you are present and give them your full attention.



OPM – Cheering Others' Successes: When other people succeed, you are happy for them and cheer them on.



OPM – Identifying and Appreciating the Good in Others: You deliberately work to identify and appreciate others' character strengths.



OPM – Supporting Others When They Struggle: When other people are struggling, you do your best to help them out.



OPM – Knowing My Words and Actions Affect Others: Everything you say and do can affect others – and your relationships with them.