



Dear Families,

This week our school community will be focusing on the ***Other People Mindset***. This means anything that builds relationships is going to make you happy.

The mission of the Positivity Project is to empower America's youth to build positive relationships by understanding, appreciating, and exemplifying the character strengths in us all. People who have strong positive relationships do five things consistently - these are the five practices of the Other People Mindset. 1. Recognize the good in other people, 2. Recognize that everything you say or do affects other people, 3. Support others when they struggle, 4. Cheer people on when they succeed, 5. Remain present when giving people your attention. People who have a strong Other People Mindset are able to build and maintain strong, positive relationships with others.

While mental health is incredibly complex, we do know that positive relationships can help people become happier, healthier, and more resilient. And, the Positivity Project believes that educators have a huge opportunity and vital role to play in this endeavor. Our nation's youth spends a large percentage of their time in school. By deliberately and consistently teaching students that relationships are important -- and that positive relationships are cultivated through character and the Other People Mindset -- educators can roll back these trends and create strong citizens and leaders for our communities and countries.

To practice and encourage the character strength of prudence with your child, please visit the Positivity Project's [P2 for Families](#) (password: **P2**) where together you will watch a video, read a quote and talk about the answers to three questions.

Have a wonderful week!