



Dear Families,

This week our school community will be focusing on the character strength of ***Kindness***. Kindness means you are generous to others and you are never too busy to help out. You enjoy doing good deeds for other people.

Kindness is grounded in the belief of a common humanity in which others are worthy of care, attention, affection, and compassion. Kind people think about the needs and feelings of other people, and then act to help those people. Kind people are selfless. That is why a true act of kindness is distinct from helping another person in order to simply gain something for yourself. An individual with the strength of kindness helps others because it's the right thing to do, not because they expect any reciprocal treatment or gain in reputation.

In addition to empathy and sympathy, the character strength of kindness is indicative of an individual's moral reasoning capacity and level of social responsibility. That means people who develop kindness possess a strong personal ethical responsibility to care for other people. And, their acts of kindness towards others lead to additional acts of kindness by those who have been helped.

To practice and encourage the character strength of kindness 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!