



Dear Families,

This week, our school community will focus on the ***Other People Mindset***. The Positivity Project (P2) aims to empower students to build positive relationships by understanding, appreciating, and exemplifying the character strengths in us all.

The Other People Mindset is a foundational concept within P2, teaching students that positive relationships are important – and that there are actions students can take to build positive relationships. Here are the five Other People Mindset elements:

1. Identify and appreciate the good in other people
2. Understand that your words and actions affect other people
3. Cheer other people on when they succeed
4. Support other people when they struggle
5. Remain present and give other people your attention

While mental health is incredibly complex, we know that positive relationships can help people become happier, healthier, and more resilient. And, relationship-building skills are critical for leadership, collaboration, and effective communication – abilities that will be essential in future careers. The Positivity Project believes educators have a tremendous opportunity and vital role to play in teaching students that relationships are important to their health and success – and ways to actively build positive relationships in their lives.

To practice and encourage the Other People Mindset 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
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Thank you for your support!