

The Positivity Project (P2) for Parents

What is P2?

P2 is a way to build a school climate focused on building up our school community by recognizing the strengths of ourselves and others.



24 Character Strengths

- Curiosity
- Teamwork
- Open-mindedness
- Integrity
- Forgiveness
- Creativity
- Perspective
- Bravery
- Gratitude
- Kindness
- Self-control
- Optimism
- Prudence
- Perseverance
- Humility
- Love
- Enthusiasm
- Social intelligence
- Love of learning
- Humor
- Fairness
- Appreciation of beauty and excellence
- Purpose
- Leadership

Other People Matter Mindset

The Other People Matter Mindset



What are

Character Strengths?

While often simplified as "grit" or "self-control," character is more than simply individual achievement or a person's behavior. It is a broad and complex family of thoughts, feelings, and behaviors that are recognized and encouraged across cultures for the values they cultivate in people and society. Character is the aggregate of who we are; it's "what's inside every one of us."

Morning Meetings

Our mornings at Rolesville start with a morning meeting. Here we begin our day by learning about a character the strength. This is an opportunity for students and staff to share and recognize these qualities in ourselves, and in our surroundings. Our focus strength changes weekly, but all strengths are integrated in all that we do daily!

What can parents do to help?

It's easy! Talk to your students about your/their character strengths or point them out when you see someone using a strength positively! Our goal is to build our students and community up, so they feel empowered and supported to grow into **GREAT** people!

If you're curious about your strengths, you can take the survey at

<https://www.viacharacter.org/survey/account/register> (survey is recommended for 5th grade +).



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