



May 13, 2024

Dear Families,

This week, our school community will focus on the character strength of Enthusiasm. Enthusiasm means approaching life with excitement and energy. It means energizing people around you.

Enthusiasm is the ability to bring life and excitement to different situations. It often leads to a higher level of involvement and engagement for individuals and groups. Those who demonstrate enthusiasm bring energy and intensity to individual and group work. As a result of their outward excitement about a task or project, these people are often identified as early leaders and innovators. Look for these people to recruit new group members and generate ideas.

Enthusiasm is contagious, and it can directly tie to high levels of success, happiness, and achievement for groups. One person's enthusiasm can spark others to think, speak, and act with more energy and conviction. Groups that are enthusiastic about tasks are much more likely to spend longer periods of time serving the group's overall goals.

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

Have a wonderful week!

*Jessica Smatko*

Jessica Smatko  
Coordinator for School Improvement/TOSA



# ENTHUSIASM

"Wherever you go, go with all your heart." -Confucius



## WHAT DOES ENTHUSIASM MEAN?

You feel excited and energetic about life! When people are around you, they start to feel the same way.

## WHY DOES THIS MATTER?

Enthusiasm gives positive energy to you and the people around you! When you cheer on your teammates at a sports game, you're giving them energy to keep playing at their best!

