



March 18, 2024

Dear Families,

This week our school community will be focusing on the Other People Mindset of ***Identifying and Appreciating the Good in Others***. It's important to deliberately work to identify and appreciate others' character strengths.

Identifying and appreciating the good in others is a core tenet of the Other People Mindset. This isn't always what comes naturally. Often, it's easier to blame others for our problems or find flaws in others to use as excuses for our own jealousy, bitterness, or resentment. The problem is that this negativity usually leads to problems -- for ourselves, for the other person, and for our relationships.

Identifying and appreciating the good in other people helps you see the world through a more positive -- and less threatening -- lens. If you're constantly seeing the negative traits of people, you're going to think the world is comprised of bad people -- and you're going to operate from a defensive posture. This isn't to say that we should be naive or see the world, and its people, through "rose-colored glasses." It's just that we should strive to understand people's intent. If you see the good in another, they are likely to see the good in you.

To practice and encourage the character strength of perspective 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 great week!

Respectfully,

Jessica Smatko

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Coordinator for School Improvement/TOSA



Other People Mindset (OPM)

Identify and appreciate the good in others

"A true hero isn't measured by his strength, but by the strength of his heart." -Zeus, Hercules



WHAT DOES THIS MEAN?

You always try to find the character strengths in other people.

WHY DOES IT MATTER?

When you make a new friend, you don't know anything about them at first. But over time, you learn more about the good inside of them and what they can teach you, even if they are different from you!

