



November 13, 2023

Dear Families,

This week our school community will be focusing on the character strength of **Gratitude**. Gratitude means you are aware of and thankful for good things that happen.

Gratitude is the quality of feelings and expressing thankfulness and appreciation. It is an affirmation that there is goodness in other people and the world and that we have received that goodness. People with the strength of gratitude have a readiness to show appreciation for kindness and also to return kindness. A leading expert, Robert Emmons, calls gratitude a “relationship-strengthening emotion because it requires us to see how we’ve been supported and affirmed by other people.”

Out of all 24 character strengths, gratitude is the single best predictor of individual well-being. It is correlated with increased energy, empathy, happiness and optimism. And, the great thing about gratitude is that it can be intentionally cultivated. Numerous studies have concluded that gratitude is like a muscle. The more you practice it, the stronger it gets -- and the more you're able to reap its benefits.

To practice and encourage the character strength of gratitude 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!

Respectfully,

Jessica Smatko

Jessica Smatko
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Teacher on Special Assignment