



January 22, 2024

Dear Families,

This week our school community will be focusing on the character strength of ***Social Intelligence***. Social intelligence means you are aware of other people's thoughts and feelings. You understand why they do things.

Social intelligence refers to a person's ability to understand and manage interpersonal relationships. It is distinct from a person's IQ or "book smarts." It includes an individual's ability to understand, and act on, the feelings, thoughts, and behaviors of other people. This type of intelligence can take place "in the moment" of face-to-face conversations but also appears during times of deliberate thinking. It involves emotional intelligence and self-awareness.

Social intelligence helps individuals build relationships -- and is important to numerous aspects of a person's life. It allows an individual to form friendships and alliances. And it assists a person against being taken advantage of. People with social intelligence can "read" other people's faces and know what motivates them. Social intelligence builds over time and as a person ages. In this sense, it is similar to the character strength of perspective.

To practice and encourage the character strength of social intelligence 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

Coordinator for School Improvement/TOSA (Teacher on Special Assignment)



SOCIAL INTELLIGENCE

VIA Survey calls this strength Social Intelligence.

Virtue: Humanity. Strengths of humanity involve caring interpersonal relationships with others, particularly in one-to-one relationships. Strengths comprised in this virtue are love, kindness, and social intelligence.



WHAT DOES SOCIAL INTELLIGENCE MEAN?

You are aware of other people's thoughts and feelings. You understand why they do things.

WHY DOES THIS MATTER?

People with social intelligence can "read" other people and know what motivates them. By understanding ourselves and other people, we can find ways to collaborate, form friendships, and build relationships. Social intelligence increases over time and as a person ages.

QUOTES ON SOCIAL INTELLIGENCE

"Emotional intelligence is a way of recognizing, understanding, and choosing how we think, feel, and act. It shapes our interactions with others and our understanding of ourselves."

—J. Freedman

"I think we all have empathy. We may not have enough courage to display it."

—Maya Angelou

"Empathy is the starting point for creating a community and taking action. It's the impetus for creating change."

—Max Carver

"The language of friendship is not words, but meanings."

—Henry David Thoreau

