

# The Positivity Project

**Note: This content is pulled from the Character Strength cards written by The Positivity Project. You can access the full card from their website at [posproject.org](http://posproject.org).**

This table summarizes the character strengths or topics that Swift Creek Elementary school students will be focusing on each week of the 2018-19 school year. This information is not intended to be a replacement of the content on The Positivity Project website. Instead, its purpose is to give parents an overview of what their children are focusing on each week. This information will also be published in each month's Swift Creek Current (the newsletter).

## **Other People Matter Mindset**

**Sept 10-14**



The Positivity Project kicks off with a discussion of why other people matter. American society has overemphasized individual self-esteem to the point that narcissism is up 30% since the early 1980s. Narcissism, a fragile and defensive variety of self-esteem, is correlated with feelings of entitlement and a belief that all one's failures are a result of external factors.

This increased focus on self and decreased focus on others is harmful to group cohesion and success.

The Positivity Project teaches students 24 character strengths, and while everyone has these strengths, some people might be stronger in one area than another. The P2 movement teaches kids how to recognize these strengths in themselves and others.

For more information, see the website for the Positivity Project at [posproject.org](http://posproject.org). #OtherPeopleMatter

## **Curiosity**

**Sept 17-21**



### **What Does Curiosity Mean?**

You like exploration and discovery. You ask lots of questions because you want to learn more about anything and everything.

### **Why It Matters?**

Individuals with the character strength of curiosity are more likely to ask questions and try new things. Curiosity then is a form of courage. On a group level, curiosity is crucial in making discoveries that bring important benefits.

## **Teamwork/Citizenship**

**Sept 24-28**



### **What Does Teamwork Mean?**

You work well as a member of a group or team. You are loyal and sacrifice your individual desires for the greater good.

### **Why It Matters?**

For individuals, teamwork often means deferring or delaying individual accomplishments in order to ensure that the group maintains a high level of success. Their commitment to the larger group effort makes them both good

teammates and citizens. The positive feelings associated with being part of a larger whole can be highly beneficial and combat selfishness and egotism.

**Oct 1-5**

### **What Does Open-Mindedness Mean?**

#### **Open-Mindedness**



You like to consider new ideas and try new things. You examine things from all sides and don't jump to conclusions.

#### **Why It Matters?**

Individuals with the character strength of open-mindedness are more likely to make accurate decisions – and decisions that they won't regret. This is because they think through all sides of a problem and actively fight "myside bias." On a group level, open-mindedness is crucial in counteracting groupthink.

**Oct 8-12**

#### **Identifying and Appreciating the Good in Others**



**Oct 15-19**

### **What Does Integrity Mean?**

#### **Integrity**

You are honest and speak the truth. You present yourself genuinely and sincerely.

#### **Why Does It Matter?**



On a group level, integrity is a cornerstone of high-functioning and sustainable teams, organizations, and societies. If you're constantly wondering about your coworkers' intentions, you will have a hard time working with them. This is why we look for politicians and leaders with integrity. We need to believe that they'll keep their word – or at the very least, readily admit it when they must break a promise. If they don't, trust and performance fail.

Oct 22-26

## Perspective



## What Does Perspective Mean?

You appreciate when people see things in different ways. You have the ability to understand the world from multiple points of view.

### Why Does It Matter?

Perspective helps an individual make sense of the world. It provides clarity on what matters and what does not. On a group level, perspective helps couples, teams, communities, and societies act wisely and correctly. Individuals with the strength of perspective help their group get through difficult or uncertain circumstances because they're poised and can identify opportunities for success.

Oct 29-Nov 2

## Creativity



## What Does Creativity Mean?

You come up with new and original ways to think about and do things. Positive psychology breaks creativity into two components: First, he/she must produce original ideas or behaviors. Second, the original idea or behavior must make a positive contribution to that person's life or the lives of others.

### Why Does It Matter?

On a group level, creativity is vital. It helps us solve seemingly impossible problems, create something we never knew we wanted, or simply see the world in a new way. Technological examples include the printing press, refrigeration, electricity, automobiles and the internet.

Nov 5-9

## Bravery



## What Does Bravery Mean?

You act with mental, moral, or physical strength even when you know things are difficult or scary.

### Why Does It Matter?

Overcoming fears is critically important in individual development, as it allows the person to do more and become more. A person can be brave every single day. On a group level, bravery is inspiring and contagious. Witnessing an individual's brave act – whether a soldier in battle or standing up for a bullied student – is a form of leadership and often encourages others to take action.

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**Nov 12-20**

**Gratitude**



**What Does Gratitude Mean?**

You are aware of and thankful for good things that happen.

**Why Does It Matter?**

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.

**Nov 26-30**

**Knowing My Words and Actions  
Affect Others**



**Dec 3-7**

**Kindness**



**What Does Kindness Mean?**

You are generous to others and you are never too busy to help out. You enjoy doing good deeds for other people.

**Why Does It Matter?**

For individuals, kindness is correlated with desirable developmental outcomes. It is related to other-oriented emotions, like empathy (the ability to experience the emotional state of another person) and sympathy (the tender emotion of concern for another's difficulty). On a group level, kindness is very important. In addition to empathy and sympathy, the character strength of kindness is indicative of an individual's moral reasoning capacity and level of social responsibility. That means people who develop kindness possess a strong personal ethical responsibility to care for other people.

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Dec 10-14

## What Does Humility Mean?

Humility/Modesty

You do not seek the spotlight. You let your actions speak for themselves.



### Why Does It Matter?

Developing humility is associated with positive developmental outcomes in individuals. It allows a person to honestly reflect on their abilities and acknowledge how and where they can improve. Humility opens them up to new ideas, advice, and (consequently) abilities that pride, arrogance, or pretentiousness often block. Therefore, humility makes them desired members of a team.

Dec 17-21

## What Does Self-Control Mean?

Self-Control

You have the ability to control your emotions and behaviors. You think before you act.



### Why Does It Matter?

For individuals, self-control helps them delay the short-term gain in pursuit of a greater, long-term success. This strength is associated with having an “internal locus of control;” of being in control of (and responsible for) your own personal choices – and the outcomes of those choices.

A group’s ability to demonstrate self-control often appears in the form of “self-monitoring.” This means that individuals demonstrate honesty with one another about successful group practices. A group’s ability to demonstrate self-control often appears in the form of “self-monitoring.” This means that individuals demonstrate honesty with one another about successful group practices.

Jan 7-11

## What Does Perseverance Mean?

Perseverance

You complete what you start despite obstacles. You never give up.



### Why Does It Matter?

For individuals, persistence can be directly connected to an individual’s ability to be successful throughout their life. Those who persevere through setbacks often reap the benefits of the success gained by refusing to give up.

On a group level, perseverance can be contagious. A single group member’s ability or willingness to persevere can have a substantial impact on those working with him/her and the team. Groups that show high levels of perseverance are able to achieve goals they may not have believed possible. The results benefit both individuals and the group.

**Feb 11-15**

**Love**



**What Does Love Mean?**

You value close relationships with others and being close to people.

**Why Does It Matter?**

Love is imperative to an individual's happiness and fulfillment in life. On a group level, love is vital for the well being of society. The world is endlessly interconnected. We are all dependent upon each other for survival and happiness.

Love produces positive feelings, which help negate loneliness, anxiety, and depression. Without love, we cannot find intimacy nor form strong relationships with our families, friends, or communities. A world without love and connection is a dangerous world.

**Feb 18-22**

**Make Up / Wild Card  
Week**



**Feb 25-Mar 1**

**Zest\Enthusiasm**



**What Does Zest\Enthusiasm Mean?**

You approach life with excitement and energy. You energize people around you.

**Why Does It Matter?**

For individuals, zest and enthusiasm are easily identifiable and highly desirable personality traits. We feel good when we are energized by an activity or opportunity – and we like to spend time with people who are excited about life. Those who demonstrate a high level of enthusiasm are more likely to complete tasks and exceed minimum requirements as a result of their passion.

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 in service to the group's overall goals.

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Mar 4-8

**Cheering Others'  
Success**



Mar 11-15

**Love of Learning**



**What Does Love of Learning Mean?**

You master new topics on your own or in school.

**Why Does It Matter?**

Developing a love of learning is highly beneficial for an individual. It means that they are intrinsically motivated to deepen their existing skills and abilities, or learn something completely new.

On a group level, love of learning is crucial. The best leaders have an insatiable desire to learn. And it's only by learning and experimenting that we continue to grow.

Mar 18-22

**Forgiveness**



**What Does Forgiveness Mean?**

You forgive those who have done wrong. You accept that people make mistakes.

**Why Does It Matter?**

For individuals, forgiveness has benefits that range from increased health to developing positive relationships to coming to an understanding that no one is without fault.

The ability to reconcile differences and move forward positively is a trait of any effective group. When people work together, conflict is inevitable. However, when people value each other's contribution and believe in the group's goal, they become more capable of moving past conflict toward genuinely positive behavior.

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Mar 25-29

## What Does Fairness Mean?

Fairness

You believe that all people have value. You approach situations with an unbiased mindset and treat everyone with respect.



### Why Does It Matter?

For individuals, cultivating the character strength of fairness is correlated with highly desirable developmental outcomes. It helps people to become trustworthy friends, responsible citizens, and generally moral people. Fairness is also essential for the good of the group.

Apr 1-5

## What Does Humor Mean?

Humor

You like to laugh and bring smiles to other people.



### Why Does It Matter?

For individuals, humor has important health benefits, both mental and physical. Humor stretches the mind to look at things from different perspectives, keeping people mentally agile and alert.

Humor plays an important role in helping groups of people rise above difficult circumstances and boost morale. It removes us from our present difficulties by easing tension and making life more fun.

Apr 8-12

Being Present and Giving  
Others My Attention





Apr 22-26

## What Does Appreciation of Beauty and Excellence Mean?

### Appreciation of Beauty & Excellence

You notice and value the world's beauty and people's skills. You don't take things for granted.



#### Why Does It Matter?

Appreciating excellence and beauty helps an individual experience positive emotions and connect to the world around him/her. It's an outward facing strength, meaning the individual is focused on the world outside his/her head. And, not only is the individual outwardly focused, but often deeply absorbed in a sense of awe or admiration, freeing him/her to forget anxieties and troubles. And it is associated with other strengths, such as gratitude, curiosity, love of learning, and connection/purpose.

Apr 29-May3

## What Does Connection/Purpose Mean?

### Connection/Purpose

You have beliefs about the meaning of life and your life's purpose. You seek to be part of something greater than yourself.



#### Why Does It Matter?

Having a clear sense of purpose in life, and a belief that you're connected to a larger meaning, gives individuals strength. It allows them to persevere and find courage in trying circumstances, or lead with kindness and love even when it's not reciprocated.

On a group level, purpose can be a powerful aligning element. It gives people a reason to continue on in hope and optimism, despite difficult circumstances. The sense of connection between people further strengthens their individual resolve and focus, which fortifies the group. When a group of individuals believe in something higher than themselves, their work can be exponentially greater.

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**May 6-10**

**What Does Leadership Mean?**

**Leadership**

You value each member of your group and inspire people to do their best.



**Why Does It Matter?**

For individuals, leadership is a way to achieve what you know is important, as groups of people invariably achieve more than individuals. If you want to achieve your vision for the future, you need to inspire others to join you.

A group's effectiveness and sense of inspiration is tied directly to the leader. Study after study shows that leaders (and managers) have the biggest influence on group success and morale.

**May 13-17**

**Other People Matter  
Mindset**



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Source: The Positivity Project, [posproject.org](http://posproject.org). Accessed July 23, 2018.