



Dispositions for Success Positivity Project (P2)

The **Positivity Project (P2)** addresses the **Habits of Mind** dispositions through a program rooted in the science of positive psychology and character research.

Positive psychology is a rigorous academic field that encompasses character strengths, positive relationships, positive experiences, and positive institutions. It is the scientific study of what makes life most worth living – and maintains that what is good in life is as genuine and important as what is bad. While often simplified as “grit” or “self-control,” character is more than individual achievement or a person’s behavior. It is the aggregate of who we are; it’s “what’s inside every one of us.” Making children aware that every one of them – and every other person – has all 24 character strengths, provides the foundation for authentic self-confidence. More importantly, it helps children better understand why everyone is different and how to appreciate those differences. Unlike our height, weight, or skin color, character is something that can’t be seen with the naked eye. Therefore, understanding and valuing it – especially in other people – requires a framework of consistent reflection and discussion.

P2: The Positivity Project is a school-wide model. In P2 schools, students and staff members use character strengths vocabulary, share reference points for identifying the good in people, and internalize the fact that their words and actions impact others.

The Positivity Project is a school-wide endeavor; its success is rooted in the consistency of daily classroom instruction. Our expectation is that all classrooms and staff will be touching upon the weekly character strength and make connections for students throughout the school day.

Every 1-2 weeks, students learn about a new character strength. Teachers use a minimum of 10 minutes a day to lead a discussion about that week’s strength and how students see it in themselves and others – whether classmates, historical figures, or fictional characters.

The comprehensive Positivity Project model includes:

- Positive psychology’s scientifically-validated 24 character strengths align perfectly with RA’s dispositions for learning. Their definitions are presented in student-friendly language
- A proposed annual calendar for when to teach each strength – based around holidays and challenging parts of the school year

- Resources for teachers – such as slides, word walls, and reflection journals
- Best practices for infusing character strengths instruction into lesson planning
- Recommended classroom and hallway materials to reinforce its priority at the school
- A guide to help teachers and administrators effectively leverage social media to share enthusiasm about the importance of character
- Sample newsletters and information pamphlets to send to parents

POSITIVITY PROJECT MATERIALS

To remind students and staff that Other People Matter, every room in the school should have a printed copy of the Positivity Shield.

MONTHLY CHARACTER ASSEMBLIES

During our monthly assemblies select students are formally recognized in front of the school for their display of a specific character strength.

*Our morning announcements address the week's character strength.

SOCIAL MEDIA TO CONNECT WITH PARENTS

We have an active and consistent social media presence that is important for fostering parental awareness, engagement, and support of The Positivity Project. Parent-child conversations outside of school are a significant way to instill the character strengths vocabulary and ownership in students