

UNIT I | LEARNING MODULE ONE

THRIVING NEWSLETTER



THRIVING UPDATES...



FAMILY CONNECTIONS

DATE: _____

TAKING STRENGTHS A STEP FURTHER

Watch for tips and suggestions every couple of weeks on how you can team up with us as we work together to support the social and academic growth of your child.

- Over the next few weeks, ask your child about his or her own strengths and how those strengths are being used each day.
- Ask your child to teach you some of the “strengths language” he/she is beginning to learn.
- Here are a few great questions to get you started:

What are some of the strengths on the list?

What does “strength spotting” mean?

How do your strengths help you at home and at school?

STRENGTHS TO THRIVE BY... Welcome to a new school year! I’m excited to let you know about a new program we’ve started in your child’s classroom: *Thriving Learning Communities*. This program will focus throughout the year on all that is BEST in your child, including his or her character strengths and how they are used in school, with friends, and in the community.

This month your child will have the opportunity to take a survey that will highlight his or her top five strengths. Each week we’ll be providing individual and group activities in class to practice using these top strengths, while also “stretching our strength muscles” as we use other strengths. The primary goal of our strengths focus is to promote all that is STRONG in your child while building his/her social and emotional learning (SEL) skills. Social and emotional learning covers learning strategies to build self-awareness, self-management, social awareness, relationship skills, and decision-making skills. These SEL skills are linked to greater learning and performance in school and improved relationships at school, with family members, and in the community.

AWE, GRATITUDE, HOPE,
HUMOR, SENSE OF MEANING,
BRAVERY, PERSEVERANCE,
HONESTY, ZEST,
TEAMWORK, FAIRNESS, LEADERSHIP,
LOVE, SOCIAL INTELLIGENCE, KINDNESS,
FORGIVENESS, HUMILITY,
PRUDENCE, SELF-CONTROL,
CREATIVITY, CURIOSITY, JUDGMENT,
LOVE OF LEARNING, PERSPECTIVE.

