



May 6, 2024

Dear Families,

This week, our school community will focus on the character strength of **Appreciation of Beauty and Excellence**. Appreciation of beauty and excellence means you notice and value the world's beauty and people's skills. You don't take things for granted.

Appreciation of Beauty and Excellence is the ability to identify and enjoy that which is admirable in the world. There are three types of goodness in which positive psychology focuses: physical beauty (e.g., a sunset, a song, or a building); an exceptional skill or talent; and moral goodness (e.g., a character strength). Appreciation of beauty can generate awe; appreciation of a skill can generate admiration; and appreciation of moral goodness can generate moral elevation. All of these feelings (awe, admiration, and moral elevation) help us forget ourselves and find increased joy and meaning in the world.

Appreciating excellence and beauty helps individuals experience positive emotions and connect to the world around them. It's an outward-facing strength, meaning the individual is focused on the world outside their head. Not only is the individual outwardly focused, but they are often deeply absorbed in a sense of awe or admiration, freeing them to forget anxieties and troubles. It is associated with other strengths, such as gratitude, curiosity, love of learning, and purpose.

To practice and encourage the character strength of Appreciation of Beauty and Excellence with your child, please visit the Positivity Project's [P2 for Families](#), where together you will watch a video, read a quote and talk about the answers to three questions.

Have a wonderful week!

Jessica Smatko

Jessica Smatko
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APPRECIATION OF BEAUTY AND EXCELLENCE

"Give every day the chance to become the most beautiful day of your life." -Mark Twain



WHAT DOES APPRECIATION OF BEAUTY AND EXCELLENCE MEAN?

You appreciate the world's beauty and the amazing skills that people have.

WHY DOES THIS MATTER?

This strength helps you notice things around you that make you feel good. Like when you take a walk and feel happy when you see and smell pretty flowers.

