



THE POSITIVITY PROJECT

“I can sum up positive psychology in just three words — other people matter. Period. Anything that builds relationships between and among people is going to make you happy.” – Dr. Chris Peterson

What is The Positivity Project?

[The Positivity Project \(P2\)](#) empowers students to build positive relationships and become their best selves by focusing on positive psychology’s 24 character strengths, such as bravery, perseverance, integrity, and gratitude. P2 partners with Pre-K–12 schools, providing the resources, training, and strategies to help students understand and apply these strengths. This holistic approach involves students, educators, and families, fostering a positive school culture that supports teaching and learning.

Learn more about P2’s founding story by watching [this video](#).

Benefits of The Positivity Project

P2 enhances self-awareness, self-confidence, understanding, and appreciation of others, leading to better interpersonal relationships. It positively impacts students' lives by fostering positive interactions within classrooms and schools, ultimately supporting teachers' ability to teach and students' ability to learn.

Read the peer-reviewed articles and hear from Partner Schools [here](#).

How Families Can Help

Family involvement is key to student success. P2 for Families offers an easy way to reinforce character strengths vocabulary and engage in meaningful discussions at home.

See all of the P2 for Families lessons [here](#).