

Mini Guide to Strengths-Based Teaching: How Teachers Can Shape Character & Culture with The Positivity Project (P2)

Why Strengths-Based Teaching Matters

As a classroom teacher, your influence goes far beyond academics. Every day, your words and actions shape how students see themselves—and each other. But too often, schools focus on what's *wrong* with students, instead of what's *right*.

The Positivity Project (P2) equips you to flip that script. By dedicating just a few minutes each day to zero-prep lessons built on character and relationships, you can create a classroom where students feel safe, seen, and inspired to grow—academically, socially, and emotionally.

Step 1: Integrate Character Strengths Into Daily Instruction

- ✓ **Start with Daily Lessons** – Use P2's 15-minute [daily lessons](#) to center the day on character. Each week's focus (e.g., perseverance, kindness) provides meaningful context for student growth.
 - ✓ **Tie Strengths to Academics** – Highlight perseverance in a challenging math problem, curiosity during a science lab, or perspective while analyzing a story. Show students that character matters in *everything*.
 - ✓ **Make Strengths a Habit** – Refer to the Word Wall. Reinforce character strengths in your classroom norms, transitions, and feedback.
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Step 2: Build a Positive, Respectful Culture

- ✓ **Use Strengths-Based Language** – Instead of “Great job,” say: “I saw your perseverance when you kept working through that problem.”
- ✓ **Create a Recognition System** – Use “Caught Ya” tickets, a “Strengths Star” board, or peer shout-outs to spotlight positive behavior and kindness.
- ✓ **Model the Mindset** – Show students what integrity, teamwork, and self-control look like—in how you treat them and your colleagues.

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Step 3: Strengthen Relationships, One Moment at a Time

- ✓ **Know Your Students Through Strengths** – See beyond academic performance. Ask: “Which character strengths does this student rely on?” “Where can they grow?”
 - ✓ **Use Real-Life Examples** – Stories, books, and class discussions are perfect opportunities to connect character to real-world actions.
 - ✓ **Reflect Together** – End the day or week with a simple check-in: “What strength did you use this week?” “What’s one you want to work on next week?”
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Step 4: Engage Families in the Process

- ✓ **Weekly Family Letters** – Send home the character strength of the week, through [P2 for Families](#), and offer one simple conversation starter families can use.
 - ✓ **Classroom Showcases** – Let students share how they’ve lived out character strengths through service projects, writing, or teamwork.
 - ✓ **Ask for Family Insight** – What strengths do parents see at home? Use that input to reinforce each student’s identity.
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Step 5: Reflect, Adjust, and Celebrate

- ✓ **Observe and Adjust** – Not every student will connect with every strength the same way. Use journals, surveys, or discussion to track growth—and tailor your approach.
 - ✓ **Teacher Reflection** – Ask yourself: Am I modeling the strengths I want to see, such as integrity, fairness, and kindness? How is classroom culture shifting over time?
 - ✓ **Celebrate Growth** – Spotlight strengths in bulletin boards, end-of-unit awards, or informal shout-outs. Let students know their growth *matters*.
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Strengths-Based Teaching Success Stories

At [Shreewood Elementary](#), P2 is embedded into daily routines—from morning meetings to strength-based discussions. Teachers report stronger peer relationships, reduced disruptions, and a classroom climate where even first graders talk about bravery, kindness, and gratitude.

First-grade teacher Emma Brackett shares, “The Positivity Project at Shreewood Elementary has had a profound and far-reaching impact on our first graders. It has enriched their vocabulary, fostered a positive and supportive classroom environment, improved communication skills, and promoted character development. By recognizing and celebrating positive behaviors, we build a strong school community where students and staff feel valued and motivated. The project has truly made a difference, laying the foundation for our students to become empathetic, resilient, and successful individuals.”



At [Reyburn Intermediate](#), P2 is regularly taught in seventh and eighth-grade classrooms. Teachers mention increased student self-awareness, empathy, and engagement.

Eighth-grade teacher Marshall Gregory shares: “Positivity Project has become my daily academic opener. It's what I start my day with in class. The impact in my classroom is the comfort of the students. Before I started doing The Positivity Project, my students were struggling with wanting to engage in the conversations in class. After I started doing The Positivity Project, it was making everybody want to participate more. To have a better classroom culture makes the kids comfortable, which means they're gonna fight for their teacher. They're gonna try a little bit harder. That means they're gonna be more invested in their academics.”

Read more [P2 success stories here](#).

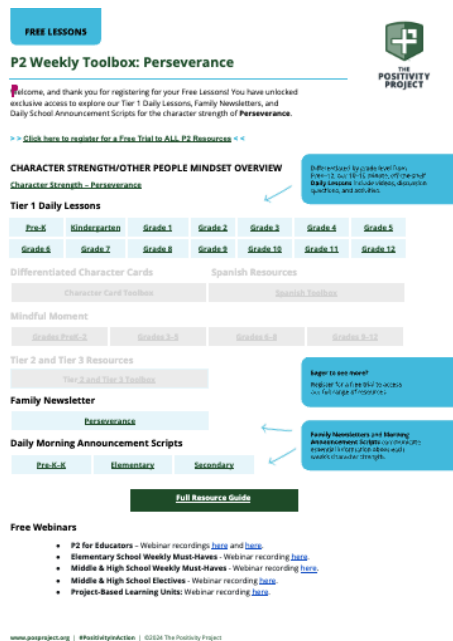
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Want More?

P2's daily lessons and resources make it easy for counselors to integrate strengths-based counseling into their work. Learn how P2 can help your school cultivate a culture of character and relationships.

Unlock your P2 free lessons today:

FREE LESSONS



FREE LESSONS

P2 Weekly Toolbox: Perseverance

Welcome, and thank you for registering for your Free Lessons! You have unlocked exclusive access to explore our Tier 1 Daily Lessons, Family Newsletters, and Daily School Announcement Scripts for the character strength of **Perseverance**.

[Click here to register for a Free Trial to All P2 Resources](#)

CHARACTER STRENGTH/OTHER PEOPLE MINDSET OVERVIEW

Character Strength - **Perseverance**

Click on the link to explore the full range of resources for this character strength, including daily lessons, character cards, and more.

Tier 1 Daily Lessons

Pre-K	Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5
Grade 6	Grade 7	Grade 8	Grade 9	Grade 10	Grade 11	Grade 12

Differentiated Character Cards Spanish Resources

[Character Card Toolkits](#) [Spanish Toolkits](#)

Mindful Moment

[Grades Pre-K-3](#) [Grades 3-5](#) [Grades 5-8](#) [Grades 8-12](#)

Tier 2 and Tier 3 Resources

[Tier 2 and Tier 3 Toolkits](#)

Family Newsletter

Perseverance

Daily Morning Announcement Scripts

[Pre-K-K](#) [Elementary](#) [Secondary](#)

[Full Resource Guide](#)

Free Webinars

- P2 for Educators - Webinar recordings [here](#) and [here](#).
- Elementary School Weekly Must-Haves - Webinar recording [here](#).
- Middle & High School Weekly Must-Haves - Webinar recording [here](#).
- Middle & High School Electives - Webinar recording [here](#).
- Project-Based Learning Units: Webinar recording [here](#).

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