

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 [Shrevewood 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 Shrevewood 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](#)

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

Character Card ToolBox

Spanish Resources

Spanish ToolBox

Mindful Moment

Grades Pre-K-5

Grades 6-8

Grades 9-12

Tier 2 and Tier 3 Resources

[Tier 2 and Tier 3 ToolBox](#)

Family Newsletter

[Perseverance](#)

Daily Morning Announcement Scripts

Pre-K-K

Elementary

Secondary

[Full Resource Guide](#)

Subscripted to your school from Pre-K to 12th Grade, offering your daily lessons to your vision, character strengths, and more.

Sign up now!

Register for all access to access our full range of resources.

Family Newsletters and Morning Announcement Scripts can help you strengthen your school's culture and build students' character strengths.

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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