



High School

Home Connection

Character Counts

Dear _____,

I wanted to share with you what your student has been learning about character traits and how they shape who we are. In today's lesson, we discussed positive and negative character traits and how they influence our well-being, goals, and relationships. We brainstormed examples of positive character strengths such as bravery, kindness, honesty, and creativity and categorized them into six areas: Courage, Humanity, Justice, Temperance, Transcendence, and Wisdom & Knowledge.

Students learned that recognizing and embracing their character strengths is important for building self-esteem and self-confidence. We explored how these strengths guide our values and actions and how living in line with our values helps us feel fulfilled and authentic. When we stray from our values, it can lead to negative feelings like frustration and burnout.

To continue this meaningful conversation at home, please ask your student: "What are some of your character strengths, and how do they guide your values and actions?" This can be a great opportunity to discuss the importance of character and values in everyday life.

Please do not hesitate to reach out with any questions or concerns.

Best,
