

HOPE

Questions to Ask at Home:

2ND AND 5TH GRADE TITAN BUDDIES | MARCH 2023

What good things can you see in the world around you?

How can you choose positivity daily?

What beauty can you find in nature?

How can you surround yourself by positive influences?

When things seem scary or hard, what can you do?



HOPE

This month, we are discussing the character trait, hope, with our Titan Buddies. "The character strength of hope has to do with positive expectations about the future. It involves optimistic thinking and focusing on good things to come. Hope is more than a feel-good emotion."

To help your child foster feelings of hope, have them look for the positives in the world around them. Go for a walk and find the beauty in nature, find old newspaper stories about local heroes, discuss new and exciting inventions for our future.