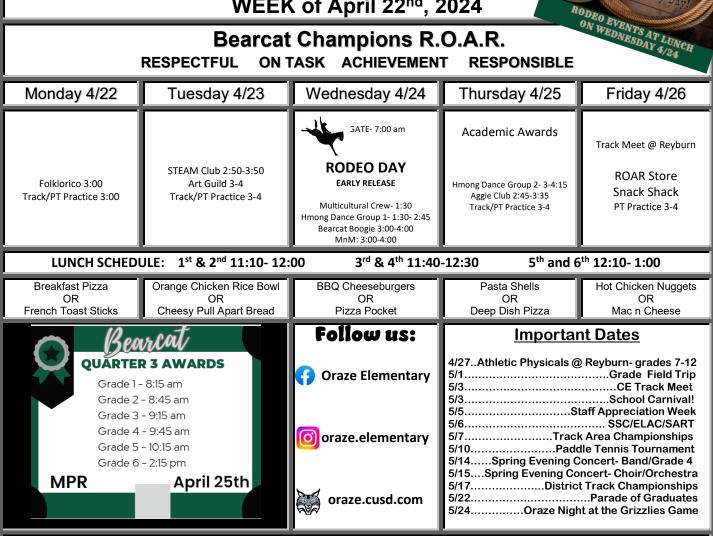


## **ORAZE ELEMENTARY** Weekly Calendar

"Building Champions for Life" 3468 N. Armstrong Ave. Fresno CA 93727 Phone (559) 327-1700 FAX: (559) 327-1790 Attendance: (559) 327-1788 Sara McAvoy, Principal Jaclyn Russell, GIS Senior

WEEK of April 22<sup>nd</sup>, 2024



Positivity Project: Appreciation of Beauty and Excellence

This week our school community will be focusing on the character strength of Appreciation of Beauty and Excellence. Appreciation of beauty and excellence means you notice and value the world's beauty and people's skills. You don't take things for granted. Appreciation of Beauty and Excellence is the ability to identify and enjoy that which is admirable in the world. There are three types of goodness in which positive psychology focuses: physical beauty (e.g. a sunset, a song, or building); an exceptional skill or talent; and moral goodness (e.g. a character strength). Appreciation of beauty can generate awe; appreciation of a skill can generate admiration; and appreciation of moral goodness can generate moral elevation. All of these feelings (awe, admiration, and moral elevation) help us forget ourselves and find increased joy and meaning in the world. Appreciating excellence and beauty helps an individual experience positive emotions and connect to the world around them. It's an outward facing strength, meaning the individual is focused on the world outside their head. And, not only is the individual outwardly focused. but often deeply absorbed in a sense of awe or admiration, freeing them to forget anxieties and troubles. And it is associated with other strengths, such as gratitude, curiosity, love of learning, and purpose.