

Dear Families/Caregivers,

Self-knowledge is understanding one's own interests and strengths. Self-knowledge is the starting point for all social and emotional learning.

We have been talking about and exploring our own strengths like what we are good at, our character strengths, and our creative strengths. Everybody is creative in some way because everyone is different and unique. Here are some examples of creative strengths that we learned about:

**Verbal Creativity:** Giving speeches or presentations, telling jokes, explaining things, playing with words.

**Physical Creativity:** Sports, exercise, dance, creative movement.

**Social Creativity:** Working with others, making friends, solving problems, being a leader.

**Visual Creativity:** Drawing, painting, photography, building things, designing things like clothes.

**Organizational Creativity:** Finding patterns, putting things in order, scheduling, planning.

Talk with your child about his or her creative strengths. Set up opportunities or projects for your child to practice and build on his or her strengths. Everyone has some kind of creativity, and creativity is at the heart of curiosity, learning, and growth.

Vincent Van Gogh said, *"Being normal is a paved road: It's comfortable to walk, but no flowers grow on it."*

Sincerely,

Your Child's Teacher