



"RESILIENCE" IN ACTION

SEPTEMBER

This September, we explore Resilience — the capacity to recover, adapt, and keep moving forward through life's hardest moments. Resilience is not about avoiding difficulty; it's about developing the inner strength to rise after every fall.

Through this month's films, books, and TED Talks, we'll find inspiration in the stories of those who refused to be defined by their circumstances.

Please note: Hyperlinks are included, where applicable, for easy searching.

ELEMENTARY SCHOOL

BOOKS

She Persisted: Simone Biles by Kekla Magoon & Chelsea Clinton
Mae Makes Way by Olugbemisola Rhuday-Perkovich
Home of the Brave by Katherine Applegate

FILMS

How to Train Your Dragon (2010)
Piper (2016)
Elemental (2023)

MIDDLE/JUNIOR HIGH SCHOOL

BOOKS

Wanting Mor by Rukhsana Khan
The House on Mango Street by Sandra Cisneros

FILMS

Billy Elliot (2000)
Lion (2016)

TEDTalks

["The Skill of Self-Confidence" by Dr. Ivan Joseph](#)

HIGH SCHOOL & ADULTS

BOOKS

The Far Away Brothers by Lauren Markham
Born a Crime by Trevor Noah

FILMS

Gattaca (1997)
Drumline (2002)

TEDTalks

["3 Things I Learned While My Plane Crashed" by Ric Elias](#)
["How to Stop Screwing Yourself Over" by Mel Robbins](#)