



"RESILIENCE" IN ACTION

FEBRUARY 2025

Moving into February, we shift our attention to resilience. Resilience is the capacity to bounce back from difficulties and adapt to challenges with courage and optimism. When we embrace resilience, we transform setbacks into opportunities for growth, nurturing a mindset that embraces change. Through stories, activities, and practical insights, we'll discover how resilience can empower our community and inspire us to keep moving forward.

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

ELEMENTARY SCHOOL

FILMS

Inside Out (2015)
The Lion King (2019)
Frozen 2 (2019)

BOOKS

Mae Among the Stars by Roda Ahmed
Crown: An Ode to the Fresh Cut by Derrick Barnes
She Persisted: 13 American Women Who Changed the World by Chelsea Clinton

MIDDLE/JUNIOR HIGH SCHOOL

FILMS

Black Panther (2018)
Akeelah and the Bee (2006)

BOOKS

Amina's Voice by Hena Khan
Piecing Me Together by Renée Watson

TEDTalks

[The Power of Passion and Perseverance by Angela Lee Duckworth](#)
[Building Resilience in Youth by Taryn Marie Stejskal](#)

HIGH SCHOOL & ADULTS

FILMS

Hidden Figures (2016)
The Pursuit of Happyness (2006)

BOOKS

Becoming by Michelle Obama
Long Way Down by Jason Reynolds by Laurie Halse Anderson

TEDTalks

["Your Elusive Creative Genius" by Elizabeth Gilbert](#)
["What I Learned from 100 Days of Rejection" by Jia Jiang](#)