



# "FLEXIBILITY" IN ACTION

JUNE 2025

Flexibility is the ability to adapt, embrace change, and find solutions in uncertain or challenging situations. It allows us to approach life with an open mind, adjust our plans when needed, and grow through new experiences. This month's Character in Action media collection explores the power of flexibility—how individuals navigate unexpected obstacles, shift perspectives, and thrive in ever-changing circumstances. Through these books, films, and TED Talks, we'll see how flexibility helps us build resilience, strengthen relationships, and create new opportunities.

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

## ELEMENTARY SCHOOL

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### FILMS

Finding Dory (2016)  
Moana (2016)  
Encanto (2021)

### BOOKS

"Giraffes Can't Dance"  
"I Am Enough" by Grace Byers

## MIDDLE/JUNIOR HIGH SCHOOL

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### FILMS

The Croods (2013)  
Big Hero 6 (2014)

### BOOKS

"One Crazy Summer" by Rita Williams-Garcia  
"Some Places More Than Others" by Renée Watson

### TEDTalks

["The Beauty of Being a Misfit" – Lidia Yuknavitch](#)  
["Embracing Change" – Jason Clarke](#)

## HIGH SCHOOL & ADULTS

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### FILMS

The Martian (2015)  
In the Heights (2021)

### BOOKS

"Tyler Johnson Was Here" by Jay Coles  
"Black Enough: Stories of Being Young & Black in America"  
edited by Ibi Zoboi

### TEDTalks

["The Power of Believing That You Can Improve" – Carol Dweck](#)  
["Grit: The Power of Passion and Perseverance" – Angela Duckworth](#)