



“HELPFUL” IN ACTION

NOVEMBER 2024

The character trait "helpful" refers to the willingness and action of providing assistance or support to others that can range from simple acts of kindness to more significant efforts that improve the well-being of others.

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

Elementary School

FILMS

[Charlotte's Web \(2006\)](#)

BOOKS

["The Berenstain Bears Lend a Helping Hand"](#) by Stan and Jan Berenstain

["The Giving Tree"](#) by Shel Silverstein

Middle/Junior High School

FILMS

[Pay It Forward \(2000\)](#)

[Kindness is Contagious \(2014\)](#)

BOOKS

["Wonder"](#) by R.J. Palacio

["Because of Mr. Terupt"](#) by Rob Buyea

TEDTALK

["How to Start a Movement"](#) by Derek Sivers

High School & Adults

FILMS

[The Blind Side \(2009\)](#)

[I Am \(2010\)](#)

BOOKS

["To Kill a Mockingbird"](#) by Harper Lee

["The Help"](#) by Kathryn Stockett

TEDTALK

["The Art of Asking"](#) by Amanda Palmer