



# “CONFIDENCE” IN ACTION

FEBRUARY 2024

In February, we celebrate the trait of Confidence, defined as embracing who you are and believing in yourself, your abilities, and your potential. Our selection of films, books, and TED Talks embodies this empowering theme. These resources inspire us to believe in ourselves and embrace our uniqueness, fostering a sense of confidence that propels us forward in life.

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

## Elementary School

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### FILMS

Finding Nemo (2003)  
Brave (2012)  
Moana (2016)

### BOOKS

"Stand Tall, Molly Lou Melon" by Patty Lovell  
"I Like Myself!" by Karen Beaumont  
"The Dot" by Peter H. Reynolds

## Middle/Junior High School

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### FILMS

The Karate Kid (1984)  
Akeelah and the Bee (2006)

### BOOKS

"The Giver" by Lois Lowry  
"Percy Jackson & The Olympians" by Rick Riordan

### TEDTalks

["A Teen Just Trying to Figure It Out" By Tavi Gevinson](#)  
["How to build your confidence -- and spark it in others" by Brittany Packnett Cunningham](#)

## High School & Adults

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### FILMS

Wonder (2017)  
Queen of Katwe (2016)

### BOOKS

"Daring Greatly" by Brene Brown  
"Speak" by Laurie Halse Anderson

### TEDTalks

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