



“OPTIMISM” IN ACTION

MARCH 2024

Optimism is the belief that good things will happen in the future. It means looking at the bright side of things and expecting that, even when things are tough, they will get better. It's about hoping for the best, trying your hardest, and believing that things can improve no matter what. Our curated selection of films, books, and TED Talks for this month remind us that optimism is not just a mindset but a force that can transform challenges into triumphs and lead us towards a more hopeful future.

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

Elementary School

FILMS

Toy Story (1995)
Up (2009)
Inside Out (2015)

BOOKS

"Beautiful Oops!" by Barney Saltzberg
"The Boy Who Harnessed the Wind" by William Kamkwamba and Bryan Mealer
"The Most Magnificent Thing" by Ashley Spires

Middle/Junior High School

FILMS

Harry Potter and the Sorcerer's Stone (2001)
The Pursuit of Happyness (2006)

BOOKS

"Wonder" by R.J. Palacio
"Fish in a Tree" by Lynda Mullaly Hunt

TEDTalks

["The Power of Believing That You Can Improve" by Carol Dweck](#)
["Every Kid Needs a Champion" by Rita Pierson](#)

High School & Adults

FILMS

Life of Pi (2012)
The Secret Life of Walter Mitty (2013)

BOOKS

"The Power of One" by Bryce Courtenay
"The Yes Brain: How to Cultivate Courage, Curiosity, and Resilience in Your Child" by Daniel J. Siegel and Tina Payne Bryson

TEDTalks

["A Life Lesson from a Volunteer Firefighter" by Mark Bezos](#)
["What Makes a Good Life? Lessons from the Longest Study on Happiness" by Robert Waldinger](#)