



"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

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

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

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](#)



"CONSIDERATE" IN ACTION

OCTOBER 2024

Considerate, as a character trait, involves the act of thinking about and being mindful of the needs, feelings, and desires of others before speaking or taking action. It reflects a compassionate and empathetic approach towards interacting with people.

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

Elementary School

FILMS

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

BOOKS

["Have You Filled a Bucket Today?"](#) by Carol McCloud

["The Invisible Boy"](#) by Trudy Ludwig

Middle/Junior High School

FILMS

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

[Bully \(2011\)](#)

BOOKS

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

["Freak the Mighty"](#) by Rodman Philbrick

High School & Adults

FILMS

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

[He Named Me Malala \(2015\)](#)

BOOKS

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

["The Absolutely True Diary of a Part-Time Indian"](#) by Sherman Alexie

TEDTalks

["How to Speak so that People Want to Listen"](#) by Julian Treasure



"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](#)



“HONOR” IN ACTION

JULY 2024

Honor involves adhering to a code of ethics or morals, and the quality of being honest, fair, and accountable in one's actions. It is a commitment to do what is right, even in difficult situations. Honor drives people to live by principles of decency, and to uphold societal, familial, or personal standards of conduct.

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

Elementary School

FILMS

The Lion King (1994)
Mulan (1998)
The Incredibles (2004)

BOOKS

"The Empty Pot" by Demi
"A Day's Work" by Eve Bunting
"A Chair for My Mother" by Vera B. Williams

Middle/Junior High School

FILMS

Swiss Family Robinson (1960)
Nims Island (2008)

BOOKS

"Number the Stars" by Lois Lowry
"Roll of Thunder, Hear My Cry" by Mildred D. Taylor

TEDTalks

["The Danger of a Single Story" by Chimamanda Ngozi Adichie](#)
["To Raise Brave Girls, Encourage Adventure" by Caroline Paul](#)

High School & Adults

FILMS

Dead Poets Society (1989)
Invictus (2009)

BOOKS

"To Kill a Mockingbird" by Harper Lee
"The Kite Runner" by Khaled Hosseini

TEDTalks

["How to raise Successful Kids—Without Over-Parenting" by Julie Lythcott-Haims](#)
["For Parents, Happiness is a Very High Bar" by Jennifer Senior](#)



"HOPEFUL" IN ACTION

AUGUST 2024

The character trait of being hopeful involves maintaining a positive outlook on life and expecting good outcomes, even in challenging or uncertain situations. It encompasses a sense of optimism and a belief in the possibility of positive change or favorable results.

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Elementary School

FILMS

Paddington (2014)

BOOKS

"The Little Engine That Could" by Watty Piper

"The Curious Garden" by Peter Brown

"Last Stop on Market Street" by Matt de la Peña

(Illustrated by Christian Robinson)

Middle/Junior High School

FILMS

"Akeelah and the Bee"

BOOKS

"The Thing About Jellyfish" by Ali Benjamin

"Wonder" by R.J. Palacio

TEDTalks

["The Power of Believing That You Can Improve" by Carol Dweck](#)

PODCASTS

"Wow in the World"

High School & Adults

FILMS

Life of Pi (2012)

BOOKS

"The Perks of Being a Wallflower" by Stephen Chbosky

"Unbroken" by Laura Hillenbrand

TEDTalks

["How Great Leaders Inspire Action" by Simon Sinek](#)

PODCASTS

"The Moth"



"INSPIRING" IN ACTION

MAY 2024

This May, we celebrate the uplifting trait of Inspiration, a quality that sparks creativity, motivates us to reach our highest potential, and encourages us to make a positive impact on the world. Inspiration can come from many sources—a moving story, a remarkable individual, or a powerful idea—that ignite our passion and drive us to pursue our dreams. Our selection of films, books, and TED Talks for this month captures the essence of inspiration, featuring individuals and narratives that light a fire within us and propel us towards greatness. These resources remind us that inspiration is all around us, waiting to be discovered and shared.

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

Elementary School

FILMS

The Secret Life of Walter Mitty (2013)
Zootopia (2016)
Coco (2017)

BOOKS

"Oh, the Places You'll Go!" by Dr. Seuss
"Malala's Magic Pencil" by Malala Yousafzai
"Dream Big, Little One" by Vashti Harrison

Middle/Junior High School

FILMS

The Miracle Worker (1962)
Soul Surfer (2011)

BOOKS

"Counting by 7s" by Holly Goldberg Sloan
"Ghost" by Jason Reynolds

TEDTalks

["Hackschooling makes me happy" by Logan LaPlante](#)
["My invention that made peace with lions" by Richard Turere](#)

High School & Adults

FILMS

Dead Poets Society (1989)
Hidden Figures (2016)

BOOKS

"I Believe in a Thing Called Love" by Maurene Goo
"Becoming" by Michelle Obama

TEDTalks

["My stroke of insight" by Jill Bolte Taylor](#)
["How to speak so that people want to listen" by Julian Treasure](#)



"JOYFULNESS" IN ACTION

DECEMBER 2024

The character trait "joyfulness" refers to a consistent state of happiness and contentment, often characterized by a positive and cheerful disposition. Joyful individuals typically exhibit an uplifting spirit that enhances their own well-being and positively influences those around them.

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Elementary School

FILMS

Finding Nemo (2003)
Inside Out (2015)

BOOKS

"The Book of Joy: Lasting Happiness in a Changing World" by Dalai Lama, Desmond Tutu, and Douglas Carlton Abrams (Adapted for young readers)
"Happy Dreamer" by Peter H. Reynolds

Middle/Junior High School

FILMS

The Secret Life of Walter Mitty (2013)
He Named Me Malala (2015)

BOOKS

"Wonder" by R.J. Palacio
"The Boy Who Harnessed the Wind" by William Kamkwamba (Young Readers Edition)

TEDTALK

["The Happy Secret to Better Work" by Shawn Achor](#)

High School & Adults

FILMS

Life Is Beautiful (1997)
Happy (2011)

BOOKS

"Tuesdays with Morrie" by Mitch Albom
"The Happiness Project" by Gretchen Rubin

TEDTALK

["Why We All Need to Practice Emotional First Aid" by Guy Winch](#)



"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.

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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](#)



"RESOURCEFUL" IN ACTION

JUNE 2024

In June, we celebrate the invaluable trait of Resourcefulness, a quality that enables us to overcome obstacles and find creative solutions to life's challenges. Resourcefulness is about making the most of what we have, thinking outside the box, and staying resilient in the face of adversity. Our selection of films, books, and TED Talks for this month showcases individuals and stories that embody this dynamic trait, inspiring us to tap into our inner resourcefulness. These resources remind us that with ingenuity and determination, we can navigate any situation and turn difficulties into opportunities for growth.

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

Elementary School

FILMS

Matilda (1996)

BOOKS

"Rosie Revere, Engineer" by Andrea Beaty

"The Most Magnificent Thing" by Ashley Spires

Middle/Junior High School

FILMS

Swiss Family Robinson (1960)

Nims Island (2008)

BOOKS

"Hatchet" Gary Paulsen

"The City of Ember" Jeanne DuPrau

TEDTalks

["Life lessons through tinkering" by Gever Tulley](#)

[How I Harnessed the Wind" by William Kamkwamba](#)

High School & Adults

FILMS

October Sky (1999)

Cast Away (2000)

BOOKS

"Life As We Knew It" by Susan Beth Pfeffer

"The Warmth of Other Suns: The Epic Story of America's Great Migration" by Isabel Wilkerson (**recommended for parents**)

TEDTalks

["How messy problems can inspire creativity" by Tim Harford](#)

["The Gift of Failure: How the Best Parents Learn to Let Go So Their Children Can Succeed" by Jessica Lahey](#)



"SELF-AWARENESS" IN ACTION

SEPTEMBER 2024

Self-awareness is the conscious knowledge of one's own character, feelings, motives, and desires. It involves understanding one's own emotions, strengths, weaknesses, thoughts, and beliefs, and recognizing how these elements affect behavior and interactions with others.

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Elementary School

FILMS

Inside Out (2015)

BOOKS

"I Like Myself!" by Karen Beaumont

"Stand Tall, Molly Lou Melon" by Patty Lovell

Middle/Junior High School

FILMS

Akeelah and the Bee (2006)

BOOKS

"Wonder" by R.J. Palacio

"Out of My Mind" by Sharon M. Draper

TEDTalks

["The Power of Vulnerability" by Brené Brown](#)

DOCUMENTARIES

Spellbound (2002)

High School & Adults

FILMS

The Breakfast Club (1985)

BOOKS

"The Catcher in the Rye" by J.D. Salinger

"Speak" by Laurie Halse Anderson

TEDTalks

["Why We All Need to Practice Emotional First Aid" by Guy Winch](#)



"SELFLESS" IN ACTION

APRIL 2024

Selflessness embodies putting others' needs before our own and acting with kindness and generosity. Selflessness is about empathy, compassion, and a willingness to serve others without expecting anything in return. Our selection of films, books and TED Talks for April highlights stories that inspire us to think beyond ourselves and make a positive impact on the world around us. These stories remind us that even small acts of selflessness can create ripple effects of kindness and compassion, shaping a more caring and connected community.

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

Elementary School

FILMS

Charlotte's Web (2006)
Frozen (2013)
The Secret World of Arrietty (2010)

BOOKS

"The Berenstain Bears and the Joy of Giving" by Jan and Mike Berenstain
"Crown: An Ode to the Fresh Cut" by Derrick Barnes
"The Undefeated" by Kwame Alexander

Middle/Junior High School

FILMS

The Lion King (1994)
The Hunger Games (2012)

BOOKS

"A Long Walk to Water" by Linda Sue Park
"Brown Girl Dreaming" by Jacqueline Woodson

TEDTalks

["What Adults Can Learn from Kids" by Adora Svitak](#)
["Everyday Leadership" by Drew Dudley](#)

High School & Adults

FILMS

Schindler's List (1993)
The Hate U Give (2018)

BOOKS

"Between the World and Me" by Ta-Nehisi Coates
"The Book Thief" by Markus Zusak

TEDTalks

["The Danger of a Single Story" by Chimamanda Ngozi Adichie](#)
["How Great Leaders Inspire Action" by Simon Sinek](#)