



"GRATITUDE" IN ACTION

DECEMBER

This December, we celebrate Gratitude — the practice of recognizing and appreciating the good in our lives, our relationships, and our communities. Gratitude shifts our focus from what is missing to what is present, and research shows it is one of the most powerful contributors to well-being.

Through this month's films, books, and TED Talks, we'll be reminded that a thankful heart is a resilient and joyful one.

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

ELEMENTARY SCHOOL

BOOKS

"Gratitude Looks Like This" by Shahida Suleman
"The Grumbles: A Story About Gratitude" by Amy Parker
"Why Do We Say Thank You" by Champ Thorton

FILMS

Pollyanna (1960)
Coda (2021)
Paddington 2 (2017)

MIDDLE/JUNIOR HIGH SCHOOL

BOOKS

"The Remarkable Journey of Coyote Sunrise" by Dan Gemeinhart
"When the Stars Are Scattered" by Victoria Jamieson & Omar Mohamed

FILMS

Finding Forrester (2000)
Hachi: A Dog's Tale (2009)
Miracles from Heaven (2016)

TEDTALK

"Want to Be Happier? Stay in the Moment" by Matt Killingsworth

HIGH SCHOOL & ADULTS

BOOKS

"Thanks!: How the New Science of Gratitude Can Make You Happier" by Robert Emmons
"When Breath Becomes Air" by Paul Kalanithi

FILMS

The Intouchables (2011)
About Time (2013)
The Intern (2015)

TEDTALK

"The New Era of Positive Psychology" by Martin Seligman