



"ADAPTABILITY" IN ACTION

APRIL 2026

This month, we explore the character trait of Adaptability – the strength to navigate change with grace and confidence. Life is full of unexpected moments, and adaptability allows us to respond with creativity, resilience, and an open mind.

Through this month's films, books, and TED Talks, we'll discover how individuals turn challenges into opportunities and learn to thrive in ever-changing environments.

ELEMENTARY SCHOOL

FILMS

The Croods (2013)
Soul (2020)
Lilo & Stitch (2002)

BOOKS

"The Name Jar" by Yangsook Choi
"The Most Magnificent Thing" by Ashley Spires
"Each Kindness" by Jacqueline Woodson

MIDDLE/JUNIOR HIGH SCHOOL

FILMS

McFarland, USA (2015)
Bend It Like Beckham (2002)
Holes (2003)

BOOKS

Refugee by Alan Gratz
"Inside Out & Back Again" by Thanhha Lai

TEDTalks

"Grit: The Power of Passion and Perseverance" by Angela Duckworth
"Getting Stuck in the Negatives (and How to Get Unstuck)" by Alison Ledgerwood

HIGH SCHOOL & ADULTS

FILMS

Arrival (2016)
Beasts of the Southern Wild (2012)
The Martian (2015)

BOOKS

"Americanah" by Chimamanda Ngozi Adichie
"Option B: Facing Adversity, Building Resilience, and Finding Joy" by Sheryl Sandberg & Adam Grant

TEDTalks

"How to Make Stress Your Friend" by Kelly McGonigal
"Embrace the Shake" by Phil Hansen