

*"A good movie can take you out of -- the hopelessness -- a good movie can make you feel alive again, in contact, -- make you care, make you believe in possibilities again.*

**Pauline Kael, For Keeps: 30 Years at the Movies**



**Hopeful Minds**  
an iFred.org Project

**TEACHING TOOL**

## **Hope Movie Project**

We have compiled a list of several recommended videos/movies that focus on a story of hope. You may choose as many as you would like to share with your class.

This activity will provide your students with the opportunity to watch, think about and apply the tools of hope that they have learned. Before and after viewing your choice(s), please have students think about and answer the following questions.

We recommend having a classroom discussion to engage students in sharing their ideas and opinions with one another. You may also choose to have them journal their answers.

1. How does this person/character have hope or what is the story of hope?
2. Did this person have a passion in life? What was important to this person? Was it something they enjoyed doing?
3. Did this person have a goal and what specific steps did he/she take to achieve their goal?
4. Were there any challenges that existed for this person? How did they face their challenge and/or overcome it?
5. Who was there to help this person? Did they ask anyone for help?
6. How did this person spread hope to others?
7. Do you think this person recognized their negative emotions such as fear, anger, or sadness? How did he/she work through those emotions?
8. Did this person use any self-regulation tools/exercises to help them such as visualization, knowing what they were grateful for, deep breathing, or journaling? Was there anything else this person did to get through a difficult time?
9. How did this person hold on to hope?
10. Do you see this person as having success in life? List what has made them successful.

# List of Hopeful Movies

Here is a listing of recommended movies you may choose from for the Hope Movie Project. They are separated into rated G for General Audience and PG for Parental Guidance. Please utilize your school guidelines when choosing a film. We encourage the project questions to be given to students ahead of viewing the film so they are prepared for any discussion on Hope that may follow.

## **General Audience (G)**

Ratatouille

Tangled

Meet the Robinsons

Finding Nemo

Babe

Charlotte's Web

The Incredible Journey

## **Not Rated**

Chrissa Stands Strong

Isabelle Dances Into the Spotlight

## **Parental Guidance (PG)**

Rudy

Miracle

Nim's Island

Sky High

Dolphin Tale

Remember the Titans

October Sky

Cool Runnings

The Kid

Hook

Soul Surfer

Lilo and Stitch

Iron Will