

COVID-19 Viewing Recommendations:



4 Classic Films That Are Guaranteed to Change Lives in Quarantine

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2 December 2020

The coronavirus has pushed many of us who have experienced quarantine to answer the question that radically diverts our attention: Yes, Netflix...unfortunately, we are still watching. Many have had to tackle quarantine more than a time or two, and for others, have had to live life in quarantine. The uproar in media production has intrigued us viewers with new films, television shows, and media platforms. However, navigating these platforms with what to watch leaves many streaming the same films and same shows—how boring.

Consumerism rules the mundane reality of everyday: what we eat, what we wear, where we work, and what we watch. According to Katie Jones, media consumerism has drastically skyrocketed due to the global pandemic since March 2020, “the coronavirus outbreak continues to wreak havoc across the globe, people’s time that would have otherwise been spent perusing malls or going to live events, is now being spent on the sofa. During this period of pandemic-induced social isolation, it’s no surprise that people are consuming vast amounts of media.”

Time spent on the sofa draws many to use streaming devices. However, in the pandemic, many of our all-time favorites have become a bore and our go-to binge worthy series has become anticlimactic. Entertainment is an all-encompassing web that tangles us in the search for a good movie, which takes longer than watching the movie.

The COVID-19 pandemic has drained many of us as it has taken its toll on all lives and all industries. Therefore, it is safe to write that we are in dire need of watching a *good* movie that will make hearts swoon and viewers weep for great writing. The frameworks of a “good movie” convey that the film’s protagonist learns

morals that benefit who they eventually become. This list of all-time favorites are conjured up by the mere fact that they teach you to remain true to your identity in learning to manage the cards that life deals to you. The coronavirus is a wild card that has been dealt to the world.

While quarantining during this pandemic, viewing these 4 classic films guarantees a chance to individually grow as they change your perspective—and may even change you.

The Breakfast Club (1985): The coming-of-age for all ages

This all-encompassing classic moves you to tears, to laughter, and to punch your fist in the air. *The Breakfast Club* captures life through the lens of five distinctive young adults, all spending their Saturday morning in detention.

Many of us can relate this to our quarantine time and the importance of socially distancing, for each of these students, unknowingly, practice this within the film. As the group bonds over trauma, detention tales, and illegal substances, heartwarming friendships begin to surface—despite their differences.



The Breakfast Club captures the stereotypes that society, parents, and school systems often categorize people into. These stereotypes are depicted through

The Breakfast Club

Director: John Hughes

Rating: R

Released: 1985

Genre: comedy, drama

Duration: 1h 37 min

Available on Amazon Prime Video, free with Starz Membership, free with Hulu

clothing, social class, and familial interactions. The group of high schoolers redefine the stereotypes within the system and grow to learn to be themselves... all within a Saturday.

The depiction of adolescence wrestling with adulthood bestows the issue that many parents and teachers allow these impressionable young adults to walk in their stereotypes, only to be defined as, “a Brain, an Athlete, a Basket case, Princess, and a Criminal.” (*The Breakfast Club*, 1985). These stereotypes limit an individual from becoming who they are truly meant to be.

While in quarantine, we have time to connect with who we are, without the outside world (parents, teachers, bosses, etc.) barging in.

As you are moved by the heart-wrenching film, *The Breakfast Club* encourages us to march to the beat of our own drum, not to be defined by the expectations and judgment of others, and to connect with individuals on a level of transparency and vulnerably—after all, that is where we find ourselves.

Forest Gump (1994): Naivety and nostalgia

The famous quote for 2020 stems from this timeless classic: “Life is like a box of chocolates, you never know what you’re going to get” (*Forest Gump*, 1994). This multidimensional film takes place at a turning point in American history while addressing childhood trauma, sexuality, drug experimentation, running across the



nation for no apparent reason, the traumatic impact of war, dealing with depression, and moreover, how we humans can connect through conversation. Deep, right?

Forest Gump cheerfully approaches the extensive list of life experiences through the lens of an easy-going, naïve protagonist, Forest Gump. Despite being an outsider, Gump navigates his way through life as he tackles the situations head-on. His consistency in friendship, romance, and as a fellow American bestows the importance that we all control how we live our lives—despite the card dealt. Much like the characters of the film, we each come from diverse backgrounds and struggles in life but are not defined by our circumstance—not even in a global pandemic.

Forest Gump

Director: Robert Zemeckis

Rating: PG-13

Released: 1994

Genre: comedy, drama, historical

Duration: 2h 22min

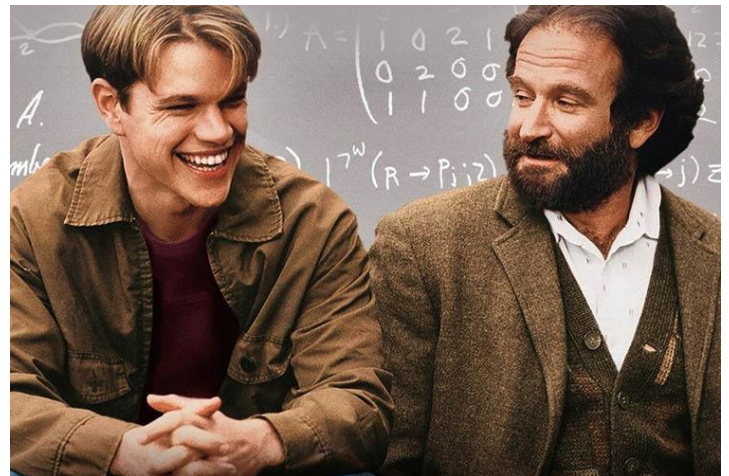
Available on Amazon Prime video to rent, free with Starz, free on Hulu with subscription

Whether forced to quarantine, feeling anxious of the outside world, or using this time to stay safe, we all need a mindset like Gump. To make an impact on the world, we must find time to share our stories with others, tackle our fears head on, and learn to take care of those around us. Life is not about the materialistic items we accumulate, but about the riches we obtain from people we meet along the way that shape who we become.

Goodwill Hunting (1997): Overcoming trauma

If we spent our entire quarantine reading in-depth theories of math, we might end up with a genius level IQ... right? In the span of months, we may not achieve this goal, however watching *Good Will Hunting* will do the job.

Written about a Boston orphan, Will Hunting, who navigates the real world without ever given a map. This profound film addresses the importance of overcoming obstacles from a traumatic past and rising above with a sense of wonder. Coming to terms with his brilliance, Hunting finds himself in trouble and in need of guidance. A well-respected counselor of



humble living, played by Robin Williams, gradually leads Hunting back to who he really is.

As the film goes back to the distorted reality of trauma that Will lived in, it evokes hope in redefining his future. This self-discovery becomes addressed through the beauty of friendship, forgiveness, romance, and wisdom. Highlighting the effects of childhood trauma while being wicked smart, *Good Will Hunting* opens your eyes to the possibility that lies before each of us if we, first, begin with having confidence in ourselves and learn to stretch that confidence to others. Much like the relationship between Hunting and his counselor, we all need someone to confide in, pour into us, and show us the road back to ourselves—only allowing true and honest growth. Along with this growth is the need for a tissue box and a virtual Zoom hug from your best

friend.

How you make your connection to this film is up to you. We all experience childhood trauma of some sort and have shut it away in a closet to never be touched. *Good Will Hunting* removes the veil of suppressing trauma and presents the growth from facing the skeletons in your closet.

While in quarantine, this may be an opportune time to do just that because in the wise words of Williams’

character, “it is not your fault” (*Good Will Hunting*, 1997).

Good Will Hunting
Director: Gus Van Sant
Rating: R
Released: 1997
Genre: Drama
Duration: 2h 6min
Available on Hulu, Amazon prime video for rent

***Inside Out* (2015): Be kind to your emotions**

There is beauty in change. Believe it or not, but that is how we grow. We all are going through a time of change and that is why this film, *Inside Out*, encourages viewers of all ages to be kind to their emotions.



Inside Out opens the eyes of the viewer to the realm of emotions, memories, and growth that is in each of us. Disney Pixar brings the beautiful combination of a coming-of-age film blended with adversity in the range of emotions we feel along the way.

The story is told through the emotion Joy who lives in the mind of an 11-year-old, Riley. Riley rides a wave of emotions as she moves for her father's job from her home to another school with new classmates, as well as a different sports team. This transition opens her eyes to the overwhelming adjustment of life that unfolds before her amid change. As Riley experiences a range of emotions, while not knowing how to deal with them, she plunders. Many of us can relate to Riley in the plunder of being dealt the wild card of the coronavirus.

During the pandemic, all of us have had to postpone plans like weddings, vacations, visiting friends/family, and going to school/work. With this overwhelming

change, our emotions have been bizarre—and that is okay.

Inside Out captures life in a transition between seasons and the expected change to come along with it. The film reminds us that it is okay to *not* be okay.

As teachers, bosses, co-workers, and friends all navigate how to live life during a pandemic, it is essential to be kind to your emotions. Suppressing feelings will not do any good because change and freedom come from transparency with a

parent, teacher, sibling, or friend. Who would have thought that Disney Pixar could be so relatable?

Inside Out

Director: Pete

Docter

Rating: PG

Released: 2015

Genre: Kids

Duration: 1h

34min

Available on

Disney Plus

End Credits...

This year has not been a year for us to visit family, travel the world, or even be in our favorite coffee shop as often as we had hoped. However, what this year has offered has been a time for us to grow. We can grow as we redefine stereotypes we have been walking in, and instead walk in our true identity. We can grow as we appreciate connecting with friends and family like never before through tackling our fears head on. We can grow by addressing the skeletons in our closet and walking freely from trauma. We can grow from being kind to our feelings in being honest and transparent with ourselves and others. This is a season of growth, opportunity, and soul-searching. Each of these films offer these nuggets of truth as you find yourself within the film. For these reasons, these 4 movies are *guaranteed* to change your quarantine experience... or even you.



Works Cited

The Breakfast Club. Directed by John Hughes, performances by Molly Ringwald, Emilio Estavez, Judd Nelson, Anthony Michael Hall, and Ally Sheedy, Universal Pictures and A&M Records, 1985.

Forest Gump. Directed by Robert Zemeckis, performances by Tom Hanks, Robin Wright, and Gary Sinise, Paramount Pictures, 1994.

Good Will Hunting. Directed by Gus Van Sant, performances by Matt Damon, Ben Affleck, Robin Williams, and Minnie Driver, Miramax, 1997.

Inside Out. Directed by Pete Docter, performances by Amy Poehler, Phyllis Smith, Mindy Kaling, Bill Hader, and Lewis Black, Walt Disney Pictures and Pixar, 2015.

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