

THINGS YOU CAN DO WITH INDIGO BY SUBJECT

Any Class:

1. **Communication Do's and Don'ts** – pick your top ways you'd like to be communicated with and not from your Indigo report and share with someone who has an opposite DISC style. Explore how different behavioral styles need different forms of communication. Assign homework to do this with a parent and relative and write a reflection paragraph.
2. **Study Tips** – look through the study tips, pick one you want to try. Measure results.
3. **Time Wasters** – look through time wasters, find one that affects you the most, figure out techniques for avoiding them.
4. **Growth Mindset** – look at skills, teach how brain science proves you can learn any skill. Pick one skill toward the bottom. Teach kids how to use schemas already in place from top skills to relate to bottom skills and come up with strategies to grow in one bottom skill. Measure progress. Can also do this for parent teacher conferences.
5. **Integration with many subjects** – integrate the lessons with other teachers so they all flow together. For example, English class can write the “who am I essay”, Art Class visualizes that essay, Math class quantifies that expression, health class explores how to deal with stress based on who you are and history allows you to have a sense of being part of something much bigger happening in the world and relating yourself to historical characters.
6. **Building Diverse Teams** – DISC is mainly used as a team-building tool in corporations. Teach this kids about forming and building diverse teams by having them work on a project together in a diverse team in any subject. Ask the kids to choose roles based on DISC and skills and reflect on how their experience was different using these tools vs. just randomly picking people or your friends (which tend to be like you).
7. **Differentiate Assignments based on Motivators** – Make sure assignment options and lesson blocks appeal to all 6 motivators, with student agency in choosing how they want to pursue the work.

English:

1. **“Who am I essay”** - write using words from Indigo to describe themselves and their unique strengths in the world.
2. **Write your eulogy** - describing what they would want people to remember about them at their funeral.

History:

1. **Character Comparisons** - Pick the historical characters you most like and most dislike. What are their DISC Styles and motivators? How does this compare with yours? How did their DISC and motivators help/hurt their roles in history?

2. **Leadership Styles** - Pick examples of leaders in history that have different DISC styles. How does their leadership differ from other styles? What are the pros and cons of each style? Based on what you learned, what kind of leader do you identify with most and how do you envision yourself leading?

Art:

1. **Visual Identity Project** - Create a visual expression of who you are – can use paper, video, music, acting, poetry, graphic design, painting, etc. Students have to describe why they chose the medium and how it expresses their self.
2. **Social emotional** – Art class is one of the best ways to work on processing social emotional struggles and expressing feelings through creative self-expression. Ask us for ideas as we have several teachers doing this.

Health:

1. **Workout strategies** - Based on your DISC style and Motivators, think about some exercise tips that would work for you to be more effective and consistent. *I.E. High Ds enjoy competitive sports, High Aesthetics might prefer doing yoga or being outside, High C's need a plan and tracking method, High I's could work out with friends, High Utilitarians need practical reasons for working out, High Socials might want to help friends.*
2. **Stress and Natural and Adapted DISC** – look at your natural vs. adapted DISC style and see if you are adapting more than 20 points in any area. If so, how is this stress affecting your life and what strategies can you use to change that? If you aren't adapting more than 20 points, what situations cause you to adapt and cause stress and what are some ways you can cope with stressful situations? This is a great one to accompany stress coping strategies lessons.

Math:

1. **Learn math techniques with Indigo data** - Request anonymous data from Indigo to use in your math class. You can run statistical correlations, look at averages on class data, how do your findings relate to what you see at school, the world, etc. Can also look at your own data compared to national averages. Where are you most different from others (use algebra equations)? You can also teach standard deviations with Motivators.

College and Career Readiness:

1. **Write a college entrance essay** using Indigo words for context.
2. Create a **resume** and use for **Interview Prep** (*i.e. Ideal Work Environment & Things you May want from Others Pages*).
3. **Backwards Career Planning** – Research jobs you are considering. Find majors and paths on Indigo that correlate to getting those jobs. Research which colleges and schools offer those majors. Look up people who have those jobs on LinkedIn and look at their career path and ask them for advice. LinkedIn also good for **networking** – the #1 skill necessary to get jobs (*one of the most important things you can teach students to do for life long success.*)