

Diving Deeper into Skills

The Goal: To help students understand their skills, how to utilize these skills, and ways to develop the skills that come less naturally by tapping into their top skills.

Materials:

- Skills Page of the Indigo Report
- Access to online Indigo Skills video library



Part 1: Have students turn to their list of skills and look at the top 5 on the list. They should pick one that they agree is one of their top skills and watch the associated video found on the website <https://indigoeducationcompany.com/indigo-skills-videos/> on their phone or computer. Based on the video, students should answer the following prompts:

1. Describe this skill in your own words.
2. How do you use this skill in your life now?
3. What can you do to get even better at this skill?

Part 2: Have students turn to their list of skills and look at the bottom 5 on the list. They should pick one that they would like to improve and watch the associated video found on the website <https://indigoeducationcompany.com/indigo-skills-videos/> on their phone or computer. Based on the video, students should answer the following prompts:

1. Describe this skill in your own words.
2. Why do you want to get better at this skill?
3. What can you do to get better at this skill?

Part 3: Once all students have responded to the questions above, ask students to share their definitions and how they can use some of their top skills to improve the lower skill they would like to get better at. You could expand this activity by having students create a creative expression of each skill and display them.

Optional Prequel or Add-On Activity: Divide the class into groups and divide the skills between the groups. Have each group watch the video(s) associated with their assigned skills and report back to the class what each skill means, how it is used, and why it is important.