

# INDIGO CHILDREN

OPENING THE MINDS OF THE NEXT GENERATION



# OBJECTIVES

As a collective we will

- Empower and inspire the next generation
- Leave a lasting impact
- Change the world as we know it
- Be the change we wish to see
- Revolutionise the current education system
- Create opportunities for young people to realise their own potential and power
- Offer a new fresh approach/ perspective to already existing education models

# OUR ETHOS

## CORE VALUES

- Authenticity
- Love
- Compassion
- Integrity
- Creativity
- Simplicity
- Respect
- Humour
- Humility
- Curiosity

## HOW WE OPERATE

- Work smart not hard
- Feminine flow no forcing
- Capitalise on our individual strengths
- Learn, grow and challenge ourselves within the team

# OUR CODE OF CONDUCT

- First and foremost we are a family, always operating with love and kindness.
- We treat each other with respect and dignity, celebrating our individual strengths and honouring our differences.
- We communicate honestly and openly. It is our own responsibility to speak our individual truths.
- We receive each other with love, compassion, understanding, and patience. Creating a safe and nurturing space for us to express our truths and grow, individually as well as a family.
- We will be punctual. Not only demonstrating our dedication and commitment to the vision, but also respecting each other's time and energy.
- We will make a conscious effort to integrate our teachings into our own personal lives and lead by example. Practicing what we preach. WE WILL BE THE CHANGE WE WISH TO SEE
- We will remember not to take ourselves or each other too seriously, creating a fun and uplifting energy which will permeate all that we do.
- Bun babylon.

# WORKSHOP SUBJECTS

- Mental health – anxiety and depression
- Critical thinking
- Social media
- Body image/ eating disorders
- Holistic sexual health / emotions / consent
- Patriarchy / toxic masculinity
- Emotional intelligence / non-violent communication
- Tools for mental health – yoga breath meditation
- Creative expression
- Empowerment



# RESEARCH COLLECTIVE

## THINGS TO CONSIDER

- PSHE requirements/ curriculum (in 2020 new legislation was passed and there are new requirements) If anybody could decode government jargon please step up.
- Safeguarding
- Understanding trauma
- Research existing workshops, to support us in finding innovative and effective ways to deliver our teachings.
- Keep an eye out for any useful resources in alignment with our mission and share within the group chat.
- Research into how we can get our workshops into schools

# TASK

PICK THE 1-3 SUBJECTS, FROM  
THE WORKSHOP SUBJECT  
LIST, YOU FEEL MOST DRAWN TO

IN OUR NEXT MEETING WE WILL  
PRESENT OUR FINDINGS TO THE  
GROUP

- Research the subjects
- Find some good resources
- Explore ideas on how it could  
be presented in the workshops

# THANK YOU

Just a note to say thank you all for believing in this vision. For wanting better for our future generations and actively participating in a movement that can really create change. Each one of you I have specifically selected to be a part of this beautiful family. I can see all of your individual strengths and beauty, I hope you see them too. I encourage you all to really dive into this opportunity, each one of you have so much to give and I can't wait to witness the magic we will produce. This is not about receiving but I can assure you if we pour ourselves whole heartedly into this project the benefits we will reap will be tenfold, not only for us individually but as a collective.

**It's time to heal, it's time to grow, it's time to break free. We are on the front line of a radical revolution. The time is now. I see you, I feel you, I believe in you, I believe in us, I believe in our mission. Let's fucking get it!**