

# KIDS DISC PROFILE

*Understand Yourself*



**WHICH BIRD(S) ARE YOU?**

Report For: **Owen Sample**

Date: **5/4/2022**

**Owen's style**



# Which Bird Are You?

Report for Owen Sample

Welcome!

Owen, this is a chance to learn about yourself! This report was created just for you. Inside its pages, you will discover how special and unique you are. Your bird style is how God uniquely created you with your strengths and talents. This report will help you become the best you that you can be by understanding more about yourself and others. And it will help you learn to love others as God asks us to do.

Here are some very important things to remember:

- ✓ You are awesomely and wonderfully made.
- ✓ There's no such thing as a *good* or *bad* style. Everyone, including you, has something unique and precious to offer the world.
- ✓ All birds have *strengths* and *challenges*.
- ✓ We can be a combination of different birds at different times.

Now, you might be wondering, how do I know my bird style? And, how can I figure out someone else's bird style? We're glad you asked.

Let's meet the birds.



*I will give thanks to you, for I am awesomely and wonderfully made; ...*

*Psalm 139:14 NASB*

# Which Bird Are You?

Report for Owen Sample

**Motto:**  
I got this!



## EAGLE



**Focuses on:** Getting things done

**Listens for:** What's the point?

**Looks for:** Action

**Takes Risks:** You bet!

**Likes:** Adventure

**Best reward:** Trophies

**Talking Style:** Speaks up

**Helps others to:** Get moving



**Dislikes**



Losing

Too many rules

Lack of power

**Motto:**  
We can do it!



## PARROT



**Focuses on:** Being positive

**Listens for:** Something to share

**Looks for:** Fun

**Takes Risks:** You bet!

**Likes:** Lots of friends

**Best reward:** Cheers and confetti

**Talking Style:** Tells stories

**Helps others to:** Get motivated



**Dislikes**



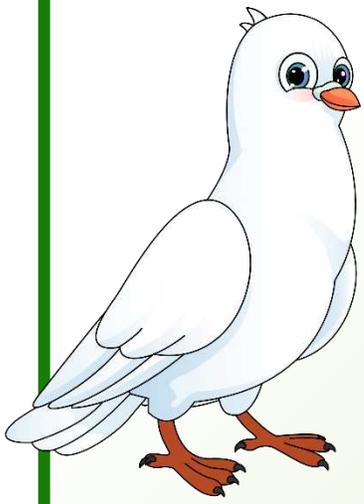
Negativity

Details

Boring routines

# Which Bird Are You?

Report for Owen Sample



**Motto:**  
Let's help each other!

**DOVE**

- Supportive** (Icon: hands holding each other)
- Patient** (Icon: person meditating)
- Friendly** (Icon: three smiling faces)
- Good listener** (Icon: two people talking)
- Caring** (Icon: hands holding a heart)
- Team player** (Icon: people around a table)

**Focuses on:** Bringing harmony  
**Listens for:** How you feel  
**Looks for:** Kindness  
**Takes Risks:** I'll help you do this  
**Likes:** Helping people  
**Best reward:** Sincere thanks  
**Talking Style:** Polite  
**Helps others to:** Cooperate

**Dislikes** (Icon: sad face with rain cloud)

- Conflict
- Insensitivity
- Sudden change



**Motto:**  
Be smart about it!

**OWL**

- Detailed** (Icon: lightbulb and notepad)
- Logical** (Icon: flowchart)
- Polite** (Icon: hands shaking)
- Deep thinker** (Icon: brain with gears)
- Organized** (Icon: puzzle pieces)
- Questioning** (Icon: question mark)

**Focuses on:** The fine details  
**Listens for:** Does it make sense?  
**Looks for:** Accuracy  
**Takes Risks:** Calculated ones  
**Likes:** Feeling smart  
**Best reward:** Success  
**Talking Style:** Thoughtful  
**Helps others to:** Do better

**Dislikes** (Icon: sad face with rain cloud)

- Disorganization
- Inaccuracy
- Being rushed

# Which Bird Are You?

Report for Owen Sample

## Strengths and Challenges

Every bird style has strengths and challenges. What strengths and challenges, from the chart below, do you see in yourself? Also ask your parents or teachers which of these they see in you.

 **Strength**

**Challenge** 



Confident  
Takes charge  
Independent  
Competitive

Arrogant  
Bossy  
Rejects direction  
Ruthless



Outgoing  
Talkative  
Creative  
Fast-paced

Attention seeking  
Poor listener  
Impractical  
Careless



Patient  
Friendly  
Good listener  
Team player

Open-minded  
Clingy  
Doesn't speak up  
Follower



Detailed  
Questioning  
Deep thinker  
Organized

Picky  
Suspicious  
Critical  
Inflexible

# Which Bird Are You?

Report for Owen Sample

Are you ready to learn about yourself?

**You are a combination of EVERY bird!**

We each have some Eagle, Parrot, Dove, and Owl in us—but we don't have equal parts of each style. You can be any combination of birds. You can have more of one bird style and less of another, but they will still be a part of you!

One way you can know which of your bird styles you show the most is by how tall they are. If a bird is taller than any other, that bird is the biggest part of you. If you have a bird that is shorter than any other, that bird is a part of you too, but it might not show up as much or as often.



EAGLE

- ONE BIRD = MOSTLY one style

**Example:** mostly Eagle

- You do a lot of Eagle-ish things
- Sometimes might do things like a Parrot, Dove or Owl



EAGLE/Parrot

- TWO BIRDS = A LOT of one style, and some of another style too

**Example:** A lot of Eagle and some Parrot

- Many Eagle behaviors, but also a lot of Parrot too
- Sometimes might do things like a Dove or Owl



EAGLE/Parrot/Owl

- THREE BIRDS = A LOT of one style, but some of two other styles too

**Example:** A lot of Eagle and some Parrot and Owl

- Many Eagle behaviors, but also a lot of Parrot and Owl too
- Sometimes might do things like a Dove

The time has come to reveal which birds you are. Ready?



# Which Bird Are You?

Report for Owen Sample

## Owen's bird style

### Owen's style

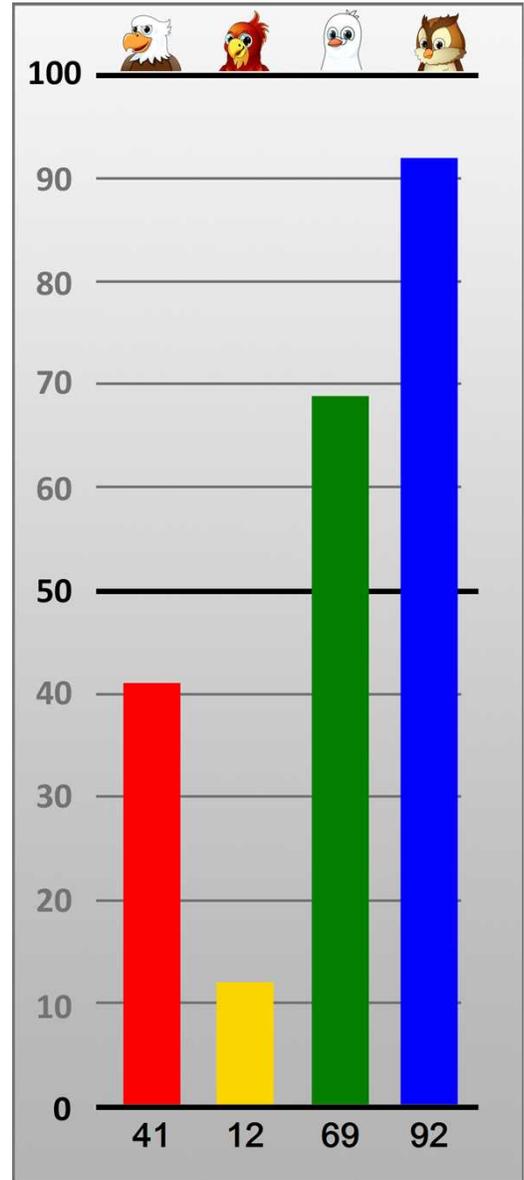


Notice how the graph to the right shows that you have some bird styles that are stronger than others. That's true for everyone. The higher the bar shows on the graph, the more you show that bird style. The lower the bar shows, the less often you show that style. Of course, you can be any bird at any time, but this graph shows the birds you are likely to be most of the time.

### Owen's style description

The Dove style is thoughtful, helpful, and caring. You love to do nice things for others and probably think about how they feel. You always try to help when you can. Doves have big hearts and can be counted on to be warm and friendly.

The Owl style is precise, analytical, and careful. You have a thoughtful reason for everything you do and say. You are probably pretty organized and like to plan ahead. Owls want to learn everything they can before making decisions.



# Which Bird Are You?

Report for Owen Sample

## School and Activities

Many of us have different bird styles depending on where we are and what we are doing. Some of us stay the same bird most of the time. **Both of these are ok!**

What's important is to know what bird works! The ideas below will help you know what to do and what not to do to be your best self, no matter what you are doing!



### AT SCHOOL

#### Do:

- Be willing to try new things when working on projects. It's good practice to stretch ideas once in a while.
- Be willing to try new things even if others can't explain their ideas fully.
- Be proud of your hard work even if you don't get a perfect grade.
- Ask teachers for directions or advice when you're not sure how to do an assignment.

#### Don't:

- Don't be frustrated if you receive an assignment without many directions. Finding your own way is good practice!
- Don't try to make your homework assignments so perfect that they take hours to complete.
- Don't allow people to be mean to you over and over. Ask an adult for help if you're being bullied.
- Don't just talk with the same people each day. Consider getting to know some new friends!



### IN ACTIVITIES & SPORTS

#### Do:

- Practice your plays, skills, and lines until they stick! Being prepared will serve you well.
- Accept that your technique may not yet be perfect when it is time to play the game.
- While it's not always about winning, it can be fun to win! Try to master a skill that helps you and your team succeed.
- Speak up politely if you are asked to play a role on the team that you don't want to play. Sometimes other opportunities are available.

#### Don't:

- Don't just pick activities that feel comfortable. Try something new!
- Don't cling to what you practiced if it doesn't work! In sports especially, learn to adapt and be flexible.
- Don't be upset if you do something that gets in the way of winning. That's part of the game.
- Don't be hard on yourself if it takes you a while to perfect a new skill.



## Family and Friends

Understanding the people around us is very important too!

Just like we are different combinations of birds, your family and friends probably include many combinations of all four birds too. This can be awesome!

It can also be hard sometimes because different styles can misunderstand each other. We may disagree or have conflicts, not because one person is wrong and the other is right, but because our styles lead us **to see the same situations differently.**

These ideas below will help you know how to interact with others and make the best of relationships.



### WITH FAMILY AND FRIENDS

#### Do:

- Be more spontaneous and go with the flow! Flexibility is an important skill.
- Pay attention to how the people around you are feeling.
- Introduce yourself to new kids. You might just make a new friend!
- Speak up if your parents or siblings accidentally hurt your feelings. They may not realize it!

#### Don't:

- Don't be upset when your parents change your weekly schedule. A new routine might be fun!
- Don't avoid kids just because they want to play something different from you. Compromise is important in all relationships.
- Don't be bothered when other siblings are very talkative.
- Don't tattle on siblings until you've tried encouraging them to behave differently.

## Adaptability - How to love like Jesus

Now that you know your bird style and understand the birds, you will see them everywhere! Every community needs Eagles, Parrots, Doves, and Owls to reach its potential. Your parents, teachers, classmates, and friends all have different styles. That means that their habits, needs, strengths, and challenges could be different from yours.

Did you know that most people think that everyone else wants to be treated the same way they do? That just isn't true. **People like to be treated the way they want to be treated.** What does that mean? Well, Eagles like to be treated like Eagles. Parrots like to be treated like Parrots. Doves like to be treated like Doves, and you guessed it - Owls like to be treated like Owls.

To treat others the way **they** want to be treated, you may need to **adapt or flex your behavior**. So how can we flex our bird style to build better relationships with others?

When you adapt your behavior to meet the needs of others you begin to love like Jesus. Have you ever had a family member, or friend do something or give you something that made you feel loved – maybe it was a word of encouragement or help finishing a project or just a hug? Jesus wants everyone to know they are loved, so he reminds us to think of others before we think of ourselves

As you learn how to use all four birds styles—Eagle, Parrot, Dove, and Owl—you can switch birds to meet the needs of others. This is called **ADAPTABILITY**.

On the next page, we give you some suggestions.



# Which Bird Are You?

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## Owen, here is how you can interact with other bird styles

**Do** be kind and patient with Doves. They will be thankful for that and open up to you.

**Do** laugh, joke, and have fun with your Parrot friends. They love the attention!

**Do** ask your Owl friends tough questions. They love puzzles and challenges to think through.



**Don't** criticize Doves or yell at them. You are likely to hurt their feelings.

**Don't** boss Parrots around. They like having freedom and sharing their ideas too.

**Don't** force your Owl friends to make quick decisions about anything. They need time to think.

**Do** tell Eagles exactly what you think. They like to debate and don't care if you disagree.

**Do** invite Doves to speak one-on-one. They may be quiet in groups but really enjoy personal conversations.

**Do** give Owls details about what you want to do and why. They want to hear your reasoning!



**Don't** give impatient Eagles tons of options and ideas. Just pick your favorite one!

**Don't** force Doves to be in the spotlight! They don't like speaking in front of a big group.

**Don't** rush Owls to follow along with your crazy plans! They need time to think about them first.

**Do** tell Eagles how you feel and think. They aren't great at guessing other people's feelings.

**Do** give your Parrot friends time to share their stories and ideas. They like being heard.

**Do** invite Owl friends to play one-on-one or in small groups. They can be shy too!



**Don't** take it personally if Eagles get loud and bossy. Appreciate that they like to take charge.

**Don't** assume that Parrots remember birthdays, playdates, or homework. They can forget that stuff.

**Don't** force Owls to organize things or play the way you do. They can be a bit particular.

**Do** challenge your Eagle friends! They like a good argument, as long as you're quick about it.

**Do** let Parrots talk and share ideas! They think out loud, whereas you probably think quietly.

**Do** hang out with your Dove friends in small groups or one-on-one. They can be shy in big groups!



**Don't** be offended if Eagles stop listening or interrupt before you finish. They don't like details.

**Don't** attack Parrots' ideas! Be accepting and ask questions. Help them see what is missing.

**Don't** attack or criticize how your Dove friends feel. Try to understand them instead.

# Which Bird Are You?

Report for Owen Sample

## My Action Plan

Continue to explore who you are by reflecting on what you have learned. This page can be used to have conversations with your family and those around you.

What are some of your greatest strengths that make you special?

How might your challenges get in your way and what can you do to make sure your bird style helps you rather than hinders you?

What can you do that will help you build stronger relationships with your friends?

What could you do that would help you get along better with your parents and teachers?

What would help you to be more successful in your favorite activities or sports?

***I can do all things through Christ who strengthens me.***

***Philippians 4:13 NKJV***



Version 2.0

