



Module:

ENGAGE CREATIVE YOUNG PEOPLE

Unit 5: Creativity and changing mind sets

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SIX THINKING HATS

by Edward de Bono

The aim of this group activity (you need at least 6 people) is helping people to structure and organise their thinking.

Divide participants into six groups (or each person will represent one colour). You should have prepared coloured items, (or hats), corresponding to the colours in this exercise and place them on the table. After that, make the participants choose one. Do not tell the participants in advance what the colours represent.

After this you will give them a topic or problem that you want them to think about and make them adopt the position corresponding to the colour they have picked up. For instance, you can give them a problem such as *“would it be possible to organise the exhibition of the paintings made by modern artists in the National Museum?”*. The participants will then debate on the topic but have to stick to the role they have been assigned to. After 5-10 minutes make the participants change the hats. Alternatively, at this point you can have a brief summary session of the discussion before making them change hats.

NOTE! The **BLUE** hat represents ‘Process’, and the person wearing this hat will function as the conductor of the discussion (their job is to make sure all aspects are covered).

WHITE – Objective. Your job is to think about the topic objectively, and not mix emotions in with your thinking. You will only focus on information and facts. You are neutral in your emotions.

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RED – Intuition. Your task is to focus on the initial impressions; what comes to your mind and not analyse the topic too much.

BLACK – Negativity. You will focus on the negative aspects of the topic. Why something may not work and why it is a bad idea. You will adopt a pessimistic stand toward the topic.

YELLOW – Positivity. Contrary to the black hat, you will only focus on the positive and good sides of the topic. Your job is not to criticise your own ideas but to simply voice them out and let the others give their points of view.

GREEN – Creativity. Your task is to come up with creative solutions and think outside the box (even if ideas sound completely crazy)