



# Thinking hats (De Bono's method)

For using different mindsets and creativity

## WHAT IS NEEDED?

**Time:** 2 hours

**Material:** workboard + A4 sheet + 6 hats (optional)

> **Define the meaning** for the six thinking hats.

## WHAT FOR?

> **To "think outside the box"** – Generating new perspectives and positions of thinking that would possibly not occur without the guise of "hats".

> **To provide a comprehensive picture of the project** – Discovering multiple possible solutions by asking multiple possible questions (also a brainstorming method).

> **To incorporate inputs from all participants** – The roleplay and game-like environment encourages people to participate.

The *Thinking Hats* method (by Dr. Edward de Bono) is a mental roleplay based on (imaginary or real) thinking hats which will encourage the participants to use different mind-sets and creativity to think, discuss and evaluate their projects and topics.

De Bono's Hat-method supports both group discussion and individual thinking and it helps people to step outside their ordinary thinking. The "hats" can be used simultaneously with other peer-review and ideas exchange methods.



## HOW TO USE IT?

There are many possible ways to use the idea of Thinking Hats as part of a peer-review and idea exchange session.

**Method 1** Participants are assigned with different hats defining their role in the discussion. The hats will be circulating among the participants so that everyone gets to wear all the hats during the session.

**Method 2** The facilitator can apply the hat technique to structure an idea exchange session. The hats are used collectively: "Let's put our red hats on and talk about this topic!"

**Method 3** With flipcharts – Each flipchart represents an assigned hat. Participants roam around a room filled with posters to write down comments about the topic from the given perspective.

Find out more about the original tool at: <http://www.debonogroup.com/>



**Role cards** Print these cards and distribute them to the participants



 <p><b>CREATIVITY</b> Ideas, alternatives, possibilities Lateral thinking</p>	 <p><b>PROCESS</b> Thinking about thinking Planning for action</p>	 <p><b>CAUTION</b> Caution, critical thinking Why something may not work</p>
 <p><b>FEELINGS</b> Intuition, hunches My feelings right now No reasons are given</p>	 <p><b>BENEFITS</b> Optimism Positives, plus points Logical reasons are given</p>	 <p><b>FACTS</b> Information and data Neutral and objective What do I know? How will I get the information I need?</p>