



## Soft skills: Creative Thinking

<b>Activity title</b>	Thinking hats
<b>Duration</b>	30 minutes
<b>Learning objectives</b>	<ul style="list-style-type: none"><li>• Introduction to the concept;</li><li>• Participants to become familiar with different thinking options.</li></ul>
<b>Materials needed</b>	A whiteboard or a piece of paper to take notes.
<b>Preparation</b>	Not a particular preparation is required. Just get familiar with the activity.
<b>Implementation</b>	<p>Hand out a hat to each participant and ask them to respond to a question based on the character of the hat they receive. Afterward, facilitate a short discussion, encouraging participants to think creatively and explore different perspectives. If time allows, repeat the exercise with other participants.</p> <p>The <i>6 Thinking Hats</i> method, developed by Edward de Bono, is a powerful tool for fostering creative and structured thinking. It helps people separate their thoughts into six different roles, each represented by a colored hat. By mentally switching between these roles, participants can explore ideas from multiple angles, leading to clearer, more objective decision-making.</p>



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### Implementation

#### The Six Thinking Hats and Their Roles:

- **Green Hat** – Creativity and innovation: generating new ideas, exploring alternatives, and thinking outside the box.
- **White Hat** – Facts and information: focusing on data, evidence, and what is already known.
- **Yellow Hat** – Optimism and benefits: identifying positive aspects, value, and potential opportunities.
- **Red Hat** – Emotions and intuition: expressing feelings, gut reactions, and personal perspectives.
- **Black Hat** – Caution and critical thinking: identifying risks, challenges, and potential flaws.
- **Blue Hat** – Organization and control: overseeing the thinking process, defining goals, and managing discussions.

#### How to Use the 6 Thinking Hats

1. **Start with the Blue Hat** – Define the goal and understand the problem by asking, *What are we trying to achieve?*
2. **Put on the Red Hat** – Reflect on personal emotions and consider how others might feel about the issue.
3. **Switch to the Yellow Hat** – Look at the bright side. What are the benefits and opportunities?
4. **Use the Green Hat** – Brainstorm new solutions, explore creative approaches, and think innovatively.
5. **Alternate between the White and Black Hats** – Validate solutions with known facts (White Hat) and assess potential risks or challenges (Black Hat).

By practicing this method, you train your mind to shift perspectives fluidly, improving problem-solving skills and making the decision-making process more productive and insightful.