



Six thinking hats

The Six Thinking Hats help you analyze and structure ideas from different perspectives. When working on your project, you will use them to gather facts, explore benefits, consider risks, propose creative solutions, and organize your thinking.

The Six Thinking Hats & How to Use Them

White Hat - The Facts

What is true? What do we know?

- Focus on data, statistics, and research-based information.
- No opinions—just facts!
- Source reliable studies, expert opinions, and official reports.

Example (Social Media Topic):

"Studies show that teenagers spend an average of 3 hours per day on social media."

Red Hat - The Feelings

How do people feel about this issue?

- Express emotions, intuition, and gut reactions.
- Feelings do not require logic or justification.
- Consider how different people may emotionally react to the topic.

Example (Social Media Topic):

"I feel that social media is addictive and makes me anxious if I don't check it."

Yellow Hat - The Benefits

What are the positive aspects? Why is this a good idea?

- Identify advantages and positive outcomes.
- Find evidence (White Hat) to support your claims.
- Think about who benefits and in what ways.

Example (Social Media Topic):

"Reducing social media time can improve focus and mental health, as studies show lower anxiety levels in teens who use social media less."



Black Hat - The Drawbacks

What are the risks or problems? Why might this not work?

- Identity weaknesses, dangers, and challenges.
- Think about who might be negatively affected.
- Use White Hat facts to back up concerns.

Example (Social Media Topic):

"Limiting social media could make students feel disconnected from their friends, especially if they use it to communicate about schoolwork."

Green Hat - Creativity & Solutions

*How can we solve problems? What new ideas can we bring?

- Find Creative alternatives to Black Hat concerns.
- Think outside the box for innovative ways to improve the idea.

Example (Social Media Topic):

"Instead of banning social media, schools could introduce 'Tech-Free Social Spaces' where students can socialize in person."

Blue Hat — Process & Decision-Making

How do we organize our thinking? What is our final argument?

- The "thinking manager" hat that helps structure ideas.
- Guides when to use and combine hats.
- Brings everything together into a clear final position.

Example (Social Media Topic):

"Based on our findings, we propose that schools encourage digital detox hours while promoting social activities to reduce reliance on social media."

How the Hats Work Together

To create a strong argument, follow this process:

1. Start with facts (White Hat).
2. Explore benefits (Yellow Hat).
3. Identify risks (Black Hat).



4. Find Creative Solutions (Green Hat).
5. Organize & finalize your position (Blue Hat).

Final Tips

Use facts to support benefits and drawbacks.

If there's a problem (Black Hat), find a Creative solution (Green Hat).

The Blue Hat helps decide how to combine hats for the best argument.

Your final argument should be well-structured, balanced, and persuasive!

This guide will help you use the Six Thinking Hats effectively throughout your project.

Keep it in mind while researching, debating, and preparing your final pitch!