

Teacher Resource: Edward De Bono's Six Thinking Hats

The Six Thinking Hats is a systematic method of thinking invented by Dr Edward De Bono in 1985.

There are six metaphorical hats that can be “worn”, with each asking for a certain type of thinking.

White – The white hat is concerned with information; facts, figures and data. White hat thinking is neutral and objective. The person wearing the white hat must put aside all opinions, emotions, beliefs and arguments.

Black – This hat signifies caution and critical thinking. The wearer of the black hat must take the negative viewpoint.

Yellow – The yellow hat is about exploring the positives; it calls for optimism. Whilst positives are not always immediately obvious, the person wearing the yellow hat must probe for value and benefit.

Red – The red hat is all about feelings, intuition, hunches and emotions. Wearing the red hat requires emotions to be put forward, without the need for any justification/explanation.

Green – The green hat focuses on creativity, and asks for creative effort.

Blue – This hat is for looking at the thinking process itself. The person in the blue hat is the chair of the group. They think about what the group is working towards, make a plan for how they will get there and communicate what the final presentation of results will look like. Throughout a project the person wearing the blue hat guides the group and keeps them on track to the final result.