



## A Dear Student Decision-Making Activity Based on Edward de Bono's Six Thinking Hats Theory

- a. In DEAR STUDENT, Autumn has to make many difficult decisions. In our lives, we also have to make a lot of difficult decisions. So, what's the best way to make these decisions? And what parts of our hearts and heads do we use to decide?
- b. **Classroom activity:** This activity can be done as a class or in small groups.
  - i. Ask the group how they make difficult decisions. Let students share their various thoughts.
  - ii. Introduce The 6 Hat Theory from Edward de Bono to the class - <https://www.debonogroup.com/services/core-programs/six-thinking-hats/>.  
According to the theory, there are 6 hats people wear when making decisions.



White hat = just the facts



Yellow hat = optimistic view, the bright side of things



Black hat = pessimistic view, what are the problems



Red hat = feelings and emotions, loves, fears, hates



Green hat = creativity, new ideas, what's possible



Blue hat = manages the process, ensures the rules are being followed

iii. Read **dilemma 1** to the group:

*You are invited to a birthday party of the popular new kid at school and your bestfriend is not invited to join. The birthday party is across the street from your best friend's house. Do you go? Do you tell them you were invited? If they knew you were going, do you tell them you had a great time?*

iv. Have each student roll the hat die and respond to the dilemma from the perspective of the color hat they roll. (You can make a hat die using any household die. Simply assign each number a color. For instance: 1=white, 2=red, 3=black, 4=yellow, 5=green, 6=blue)

v. Ask students if their initial opinion has changed after listening to all 6 responses.

vi. Repeat with any or all of the 4 dilemmas from DEAR STUDENT set out below.

***Dilemma 2, p. 113:***

*"In the well of my stomach where worries sprout like dandelions, I know I can't tell her that I'm Dear Student. "I, um, guess. I mean, it could be Jules. But it's a secret anyway. So maybe we're not supposed to know."*

*Logan sighs. "Yeah. I guess. But I'd totally tell you."*

*I bite my lip and take another peek at the Dear Student email. Baker said it had to be a secret. I'm not allowed to tell. That's the job. I swallow the truth and say nothing. She'll never find out it's me."*

If you were Autumn, would you have told Logan that you were named the secret voice of Dear Student?

***Dilemma 3, p. 132:***

*“Cooper says, getting up. “Have fun at the dance.”*

*I wave goodbye to my friend.*

*Then race back upstairs to get ready for a dance I don’t want to go to.”*

Should Autumn have agreed to go to the dance?

***Dilemma 4, p. 216:***

*“How do I choose? What’s the right thing to do when both sides of something have good stuff and bad stuff.”*

Help Autumn choose a path. What do you do in that scenario?

***Dilemma 5, p. 284:***

*“I also realized that I can feel lots of different things at the same time. Like I can be kind of mad at you, love you, miss you huge, and know I’m going to be all right. Even if you stay in Ecuador. Even if the temporary house without the lilac bushes is really my forever home. Not because I’m brave like you. But because I’m brave like me.”*

Discuss Autumn’s decision to share her feelings with her dad in this postcard.

- c. Now that you’ve heard from multiple perspectives, pick one of the dilemmas set out above and write a thoughtful response.