

YELLOW HAT

Objectives:

- Think positively
- Make the best of any situation
- See multiple ways to the same goal

Suggested Scheduling: Not specified

Time Required: One-two hours

BACKGROUND AND ORGANIZATIONAL INSIGHT

The Yellow Hat activity stems from Edward De Bono's 1985 book, *Six Thinking Hats*, which provides different lenses to approaching a situation such as an analytical hat, a gut-instinct hat, a process-control hat, etc. The Yellow Hat is the positive thinking hat. At Indicorps, we love using the Yellow Hat exercise to show how our reactions to events are just perspectives and how we can actively choose a positive spin.

ACTIVITY

Divide the room into teams of 4-5 people. The teams will have two tasks:

1. Give each group a non-conventional product such as an airplane with a garden, or soap earrings. Tell them they have 10 minutes to come up with benefits for their product and reasons why people could use their product. This exercise will get the group to start probing for value and benefits in unconventional ways.
2. After a break, ask each of the teams to brainstorm and make a detailed list of all the things/people/matters needed to start a restaurant. Give them 5 minutes. Request them to consolidate that list into 10 items. Give them 5 minutes. Get someone to randomly pick 5 numbers. Ask the teams to eliminate the items next to each of those numbers. Now give the team 10 minutes to brainstorm their offering and to create a one-minute advertisement that reframes their "restaurant" with what they have remaining. Have all the teams share their lists, the eliminated items, and their one-minute commercial about their unique restaurant model!

ADAPT EXERCISE FOR A SOLO FELLOW OR VOLUNTEER: N/A

REFLECTION QUESTIONS

- Have you ever envisioned something and not have it turn out the way you planned?
- What did it feel like to eliminate something that you thought was essential?
- How do you feel about the final product?
- What role did you play in the group? What role did the group play for you?
- How would this relate to your project and Indicorps values?

