

Teacher Lesson Plan Instructions

The “6 colored thinking hats” is a tool credited to Dr. Edward de Bono. It helps students take a look at a singular problem from 6 different perspectives; they must work together to form one greater solution.

1. Break your students up into groups of 6. I suggest selecting groups ahead of time. You want a good mix of students who will have conversations and collaborate together.
2. Within every group, assign each student a color hat. There are 6 colors: red, black, white, yellow, green, and blue. Provide each group with a copy of the hat descriptions so that they understand their specific role. I included a printable copy of the roles; just cut them into individual slips and pass them out. You can even glue the descriptions onto corresponding colored construction paper for your visual learners.
3. Give everyone a copy of the article. Tell students they have 5 minutes to read the article silently. Encourage students to mark up and annotate the text, according to their specific role.
4. Pass out one Article Analysis worksheet to each group. Students should read over the questions and have a verbal discussion before recording any answers. Each student will take a turn writing their answers down in their assigned section.
5. Have students share out loud with the entire class their group’s proposed solution to the problem and collect Article Analysis worksheets.

The Lasting Effects of Horror Movies on Children and Teens

Article Excerpt by Lisa Fritscher December, 2018

Horror movies are a part of modern life, bringing in box office bucks and generating watercooler buzz. Whether they beg you to take them to the latest big-screen release or rent DVDs for a sleepover, you might find that as your kids mature, they become more eager to explore the horror genre. These films can generate long-lasting effects in susceptible (impressionable) kids.

Anxiety and Phobias:

It is not easy to predict who will develop an anxiety disorder or phobia from a horror movie, but children and teens might be at higher risk than adults. According to ground-breaking Swiss developmental theorist Jean Piaget, cognitive development is based on schemas, or ways of understanding the world. As people grow and learn, their schemas change. Many children and teens do not yet have the life experience to put horror movies into perspective, putting them at risk for lingering anxiety or phobias . . . If they are normally anxious, fearful or timid, or if they have trouble distinguishing fantasy from reality, skip horror films for a few more years. If your child does develop long-lasting anxiety, consider seeking professional assistance.

Sleep Disturbances:

Many adults and children have trouble sleeping immediately after watching a scary movie. Shadows seem intimidating, noises are magnified and dreams are often unsettling. For most people, these effects are short-lived. In some cases, however, sleep disturbances persist for weeks, months or even years. Minimize the effects of the scary movie by watching it during the day, keeping the lights on, or doing something silly before bed. If your child's sleep disturbances continue, try techniques to make her feel safe such as "monster hunting" in the closet and under the bed or having her sleep with a favorite stuffed animal. If these strategies do not work, a licensed therapist can help you unravel and work through the issue.

Aggression and Violence:

Whether violent video games, music and films cause violence has been debated by experts for generations, and there are no clear results. According to WebMD, torture films are potentially desensitizing to real-life violence. Rather than trying to prevent children's exposure to violence altogether, watchdog group Common Sense Media recommends saving the extremely gory slasher films until kids are at least 16.

The Decision (hypothetical):

The United States government has issued a new law that states kids must be at least 16 years old to watch any horror film. If a person under 16 is caught watching a film considered to be too violent or gory, they will be fined \$500. Additionally, movie theaters will no longer be allowed to turn the lights off during scary movies and these films will not be played after 5:00PM.

Red Hat: Your focus is on emotions.

You want to be the one to summarize how people feel about the topic.

PREVIEW

White Hat: Your focus is on the facts.

You will be the one to summarize only factual information; you must remain unbiased and avoid opinions.

Black Hat: You are the skeptic.

You are going to focus only on negative possibilities and summarize everything wrong with the proposed solution.

Yellow Hat: You are the optimist.

You are going to focus only on the positive possibilities and summarize how the decision could really work and be beneficial.

Green Hat: Your focus is coming up with other possibilities.

You are the creative one; brainstorm multiple solutions to the problem.

Blue Hat: You are the final decision maker.

You will manage all the possibilities discussed by your group and decide what is the next course of action.

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Article Analysis 6 Thinking Hats

The Lasting Effects of Horror Movies on Children and Teens by Lisa Fritscher

Group Member Names: _____

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Red Hat: Emotions

Who is affected by this decision?
How do people feel about this problem?
Why might people disagree with this decision?

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White Hat: Facts

What do I know is true about the problem?
What data or proof is discussed in the article?
What information is missing from the article?

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Black Hat: Pessimist

What might go wrong with the decision?
What are the weaknesses in the decision?
What future problems might occur as a result of this decision?

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Yellow Hat: Optimist

What are the benefits of the decision?
What are the strengths of the decision?
How would this solution make the world a better place?

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Green Hat: Creative

What would be an ideal solution for this problem specifically for kids?
What would be an ideal solution for this problem specifically for adults with kids?
What other ideas does your group think could work to solve this problem?

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Blue Hat: Manager

What is the group's final decision on how to solve this problem?
What steps do you need to take to make this solution happen?
How will your solution benefit the most amount of people?

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