

Critical Thinking



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Activity Plan

1

ENERGIZER ACTIVITY: “MIRROR THINKING”

2

GROUP DISCUSSION ON CRITICAL THINKING” “STOP-THINK-CHOOSE”

3

INTRODUCTION IN CRITICAL THINKING

4

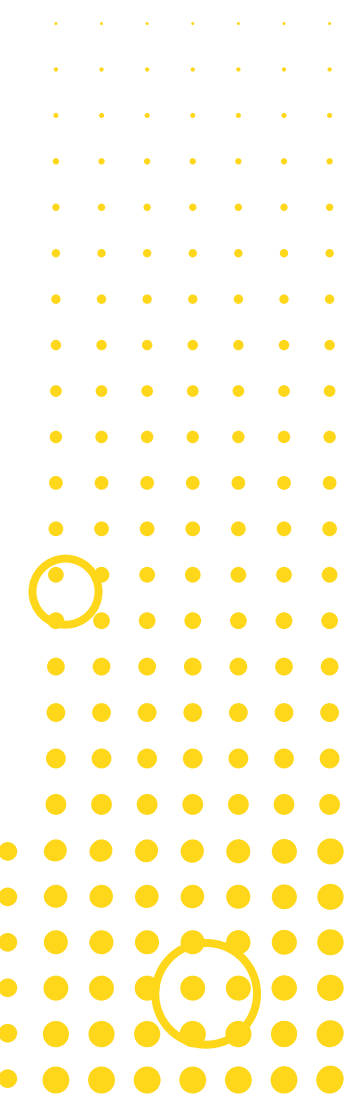
GROUP WORK: FAMILY OR WORKPLACE DILEMMAS

5

SELF CHECK & PEER ENCOURAGEMENT

6

WRAP-UP & RECAP THE SIX THINKING HATS



1

Energizer Activity: “Mirror Thinking”

1

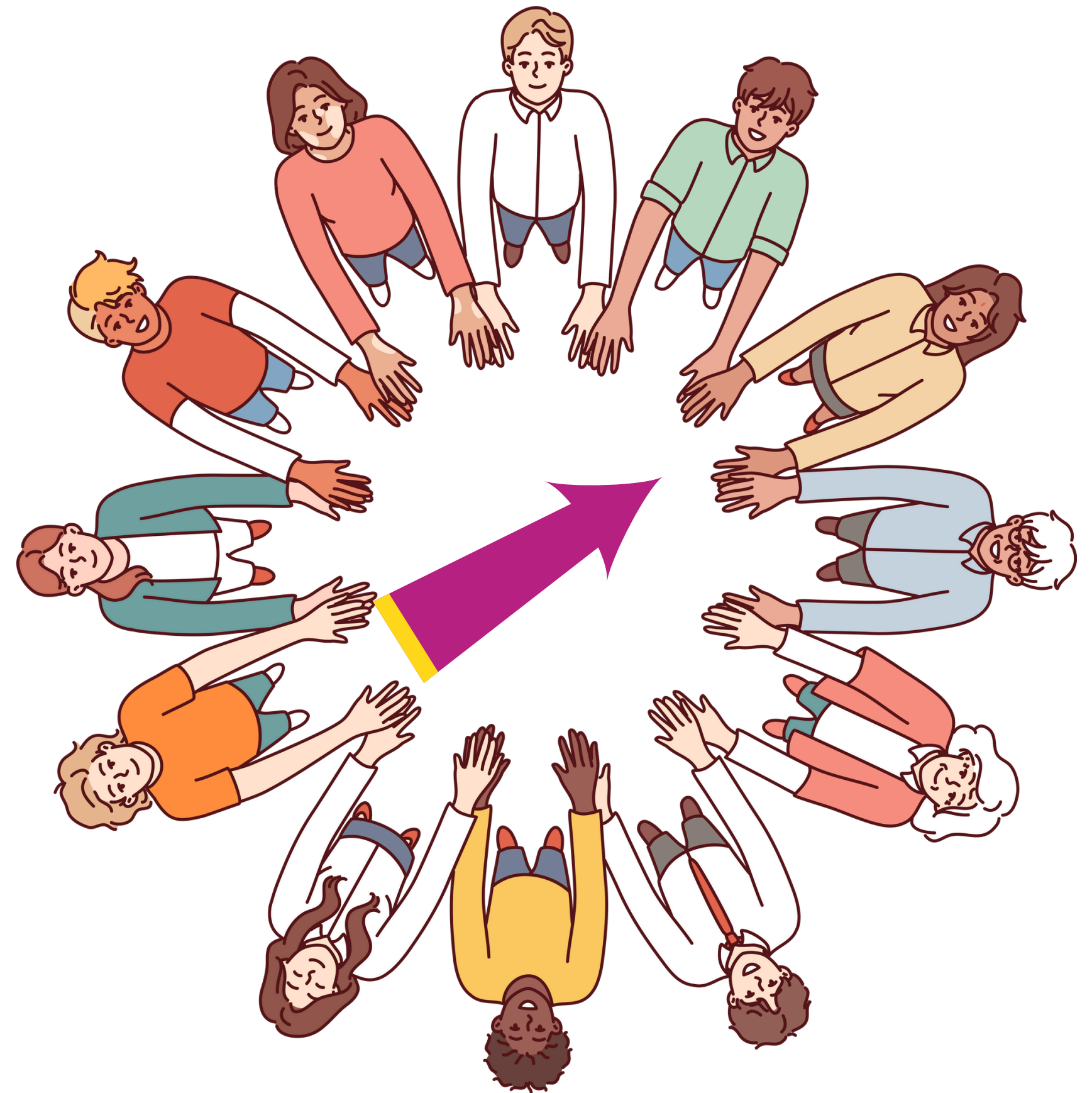
Critical Thinking - Mirror Thinking

Cooking in a pan.

Guess: Family or Workplace



Reason: -----



Questions



“Why did you think this was a family or work activity?”

“Was it difficult to identify the context? (family or workplace)”

2

Group Discussion on Critical Thinking"

Rules – STOP – THINK – CHOOSE Technique



STOP

STOP – Pause!

Don't react impulsively. Take a deep breath, stay calm, and observe what is happening.



THINK

THINK – Reflect!

Analyze the situation:

What are the facts?

How do I feel? How does the other person feel?

What are my options? What are the consequences of each option?



CHOOSE

CHOOSE – Decide!

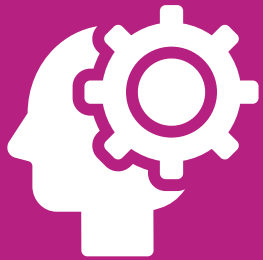
Choose the best solution:

Which option doesn't hurt anyone?

Which option helps solve the problem in a calm, respectful, and effective way?



STOP



THINK



CHOOSE

2

Group Discussion on Critical Thinking"

"Have you ever experienced this type of situation in your family/at your workplace?"

"How did you feel about this?" (word/emoji)



Situation 1
In Family



Situation 2
At Work

3 Introduction in Critical thinking

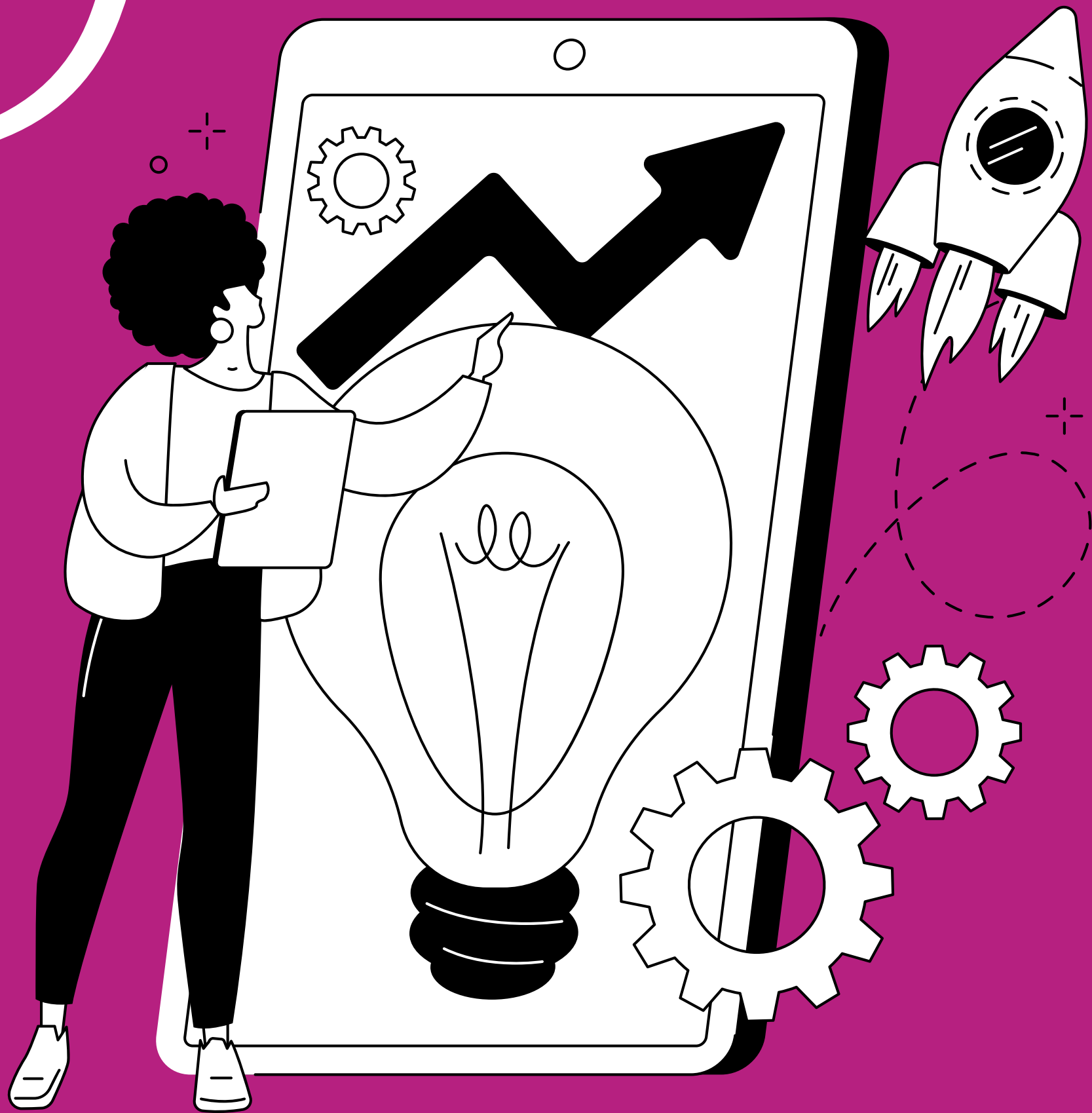
Critical Thinking

1. What is Critical Thinking?
2. Benefits of Critical Thinking
3. The Importance of critical thinking
4. How to improve critical thinking skills
5. Examples of Critical Thinking Ability*



*optional



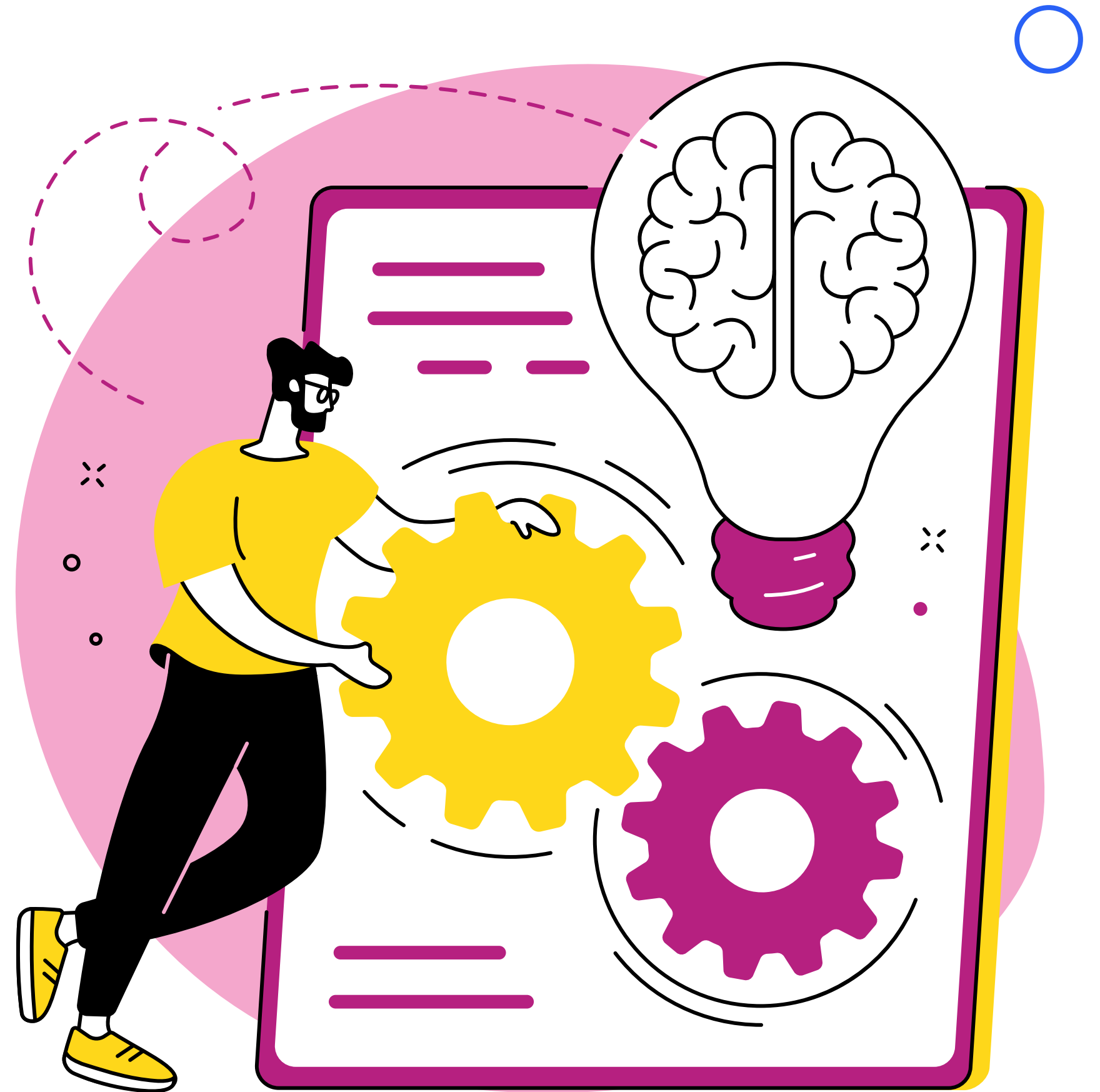


**Introduction
in Critical thinking**

**Do you know
about
Critical
Thinking?**

What is Critical Thinking.

The ability to think about every important aspect of a problem rationally in order to understand the relationship between facts.



Benefits Of Critical Thinking



1. Easy to Solve Problems



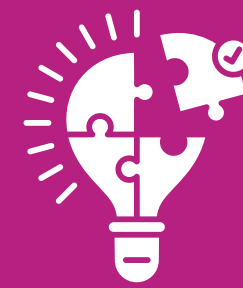
2. Knowing Self Abilities



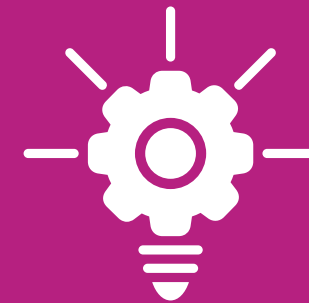
3. Be More Open Minded



4. Being Able to Communicate Well



5. Finding Ideas



6. Increased Creativity

The Importance of Critical Thinking



01

Increases confidence in our ability to analyze and evaluate information

02

Helps us make informed decisions, problem solve and cope with challenges

03

Empowers us to trust the choices and decisions we make

04

Aids us in adapting to changes more effectively and positively

05

Improves our ability to recognize facts, opinions and misinformation

How to Improve Critical Thinking Skills

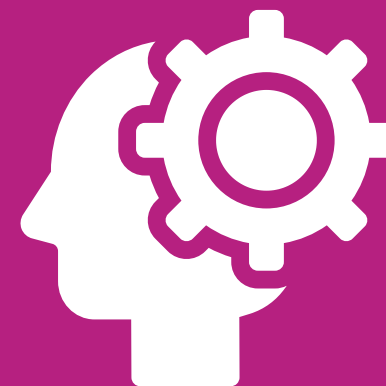
There are many ways to improve critical thinking



Train Yourself to
Think in Balance



Situational Awareness



Develop Thinking
Effectively & Efficiently



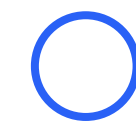
Active Listening

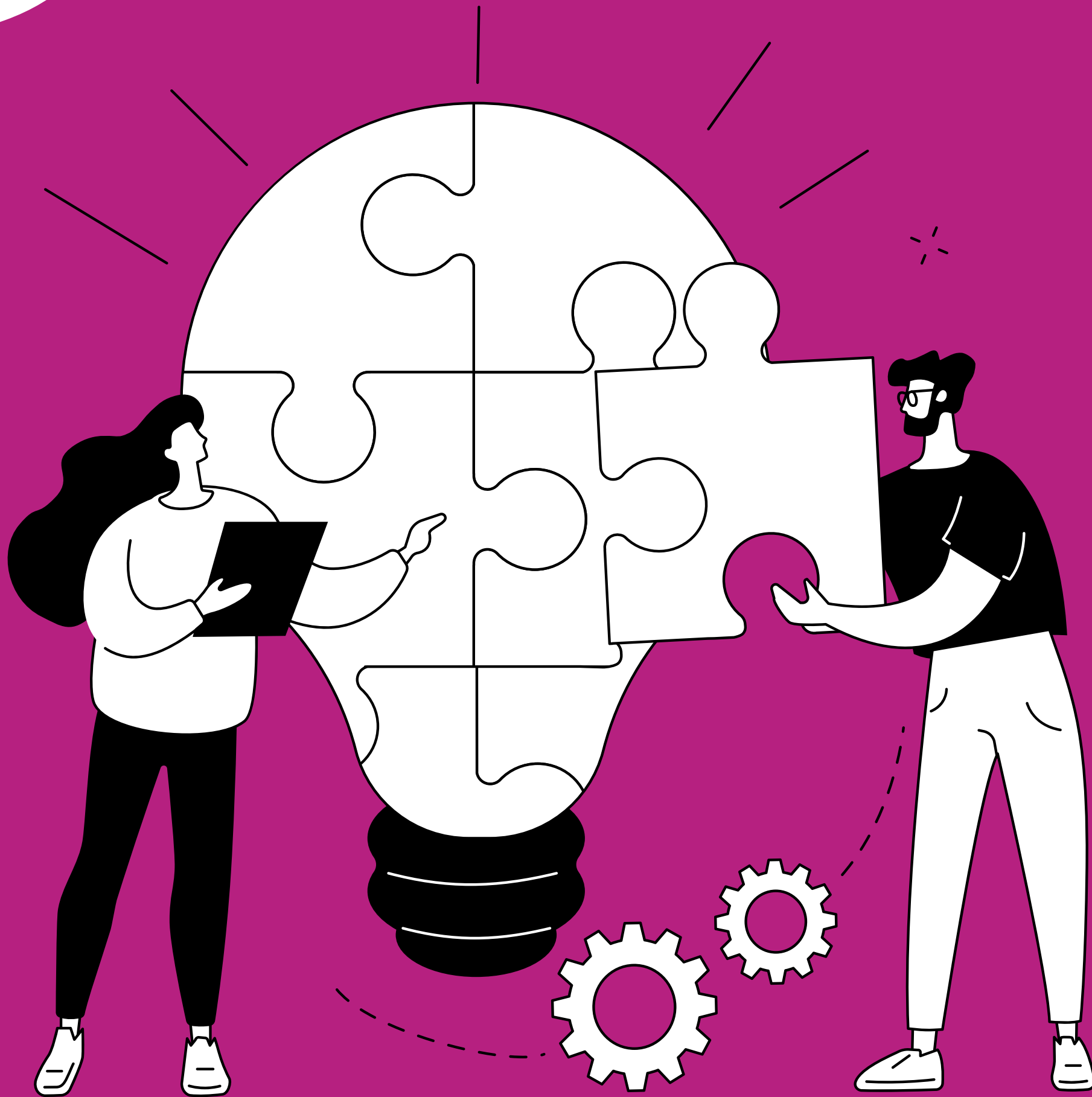


Example of Critical Thinking Ability*

1. Analytical Thinking

Being able to analyze information well, such as collecting information, data, interpreting and evaluating.





Example of Critical Thinking Ability

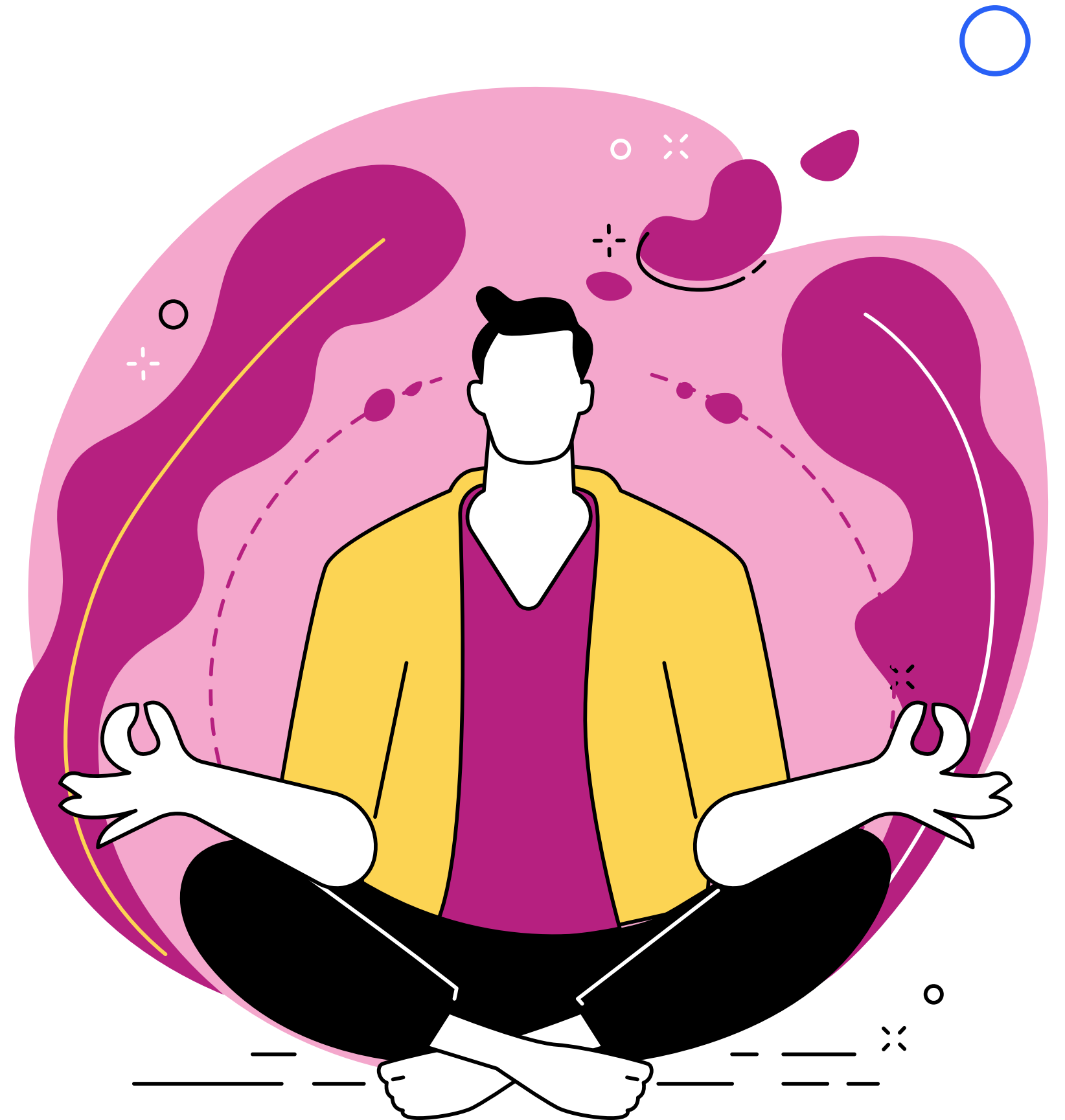
2. Problem Solving

Solving problems by conducting analysis while providing effective solutions.

Example of Critical Thinking Ability

3. Open Minded

Considering the perspectives of others and oneself to be able to improve critical thinking skills in the decision-making process



Example of Critical Thinking Ability



4. Time Management

Planning to manage time and maximize time doing something.

Example of Critical Thinking Ability



5. Good Communication

Communication is a process of critical thinking, discussing, sharing information with others to show a critical thinking side



CRITICAL THINKING

- *The Socratic method is one of the most appreciated forms of developing critical thinking.*

The formulation of questions requires extensive experience on the part of those who ask them.

- Active reading
- Writing ideas / creative writing
- Using platforms that facilitate active learning
- Brainstorming
- Brainstorming with role changes
- Mind maps
- Games to train the spirit of observation
- Simplification – identifying the main elements
- Reverse evaluation – looking the other way from the solution to the problem
- Case study method
- Reflective journal
- SWOT analysis
- Using platforms that facilitate active learning
- Small group learning method (microlearning)
- Socratic method*

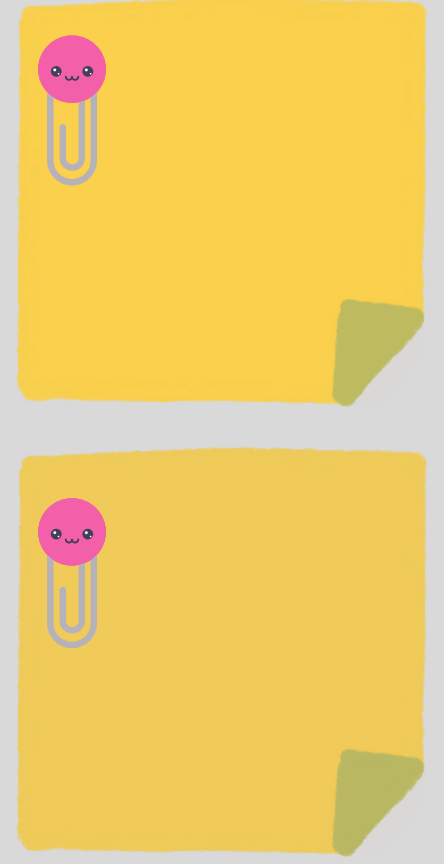


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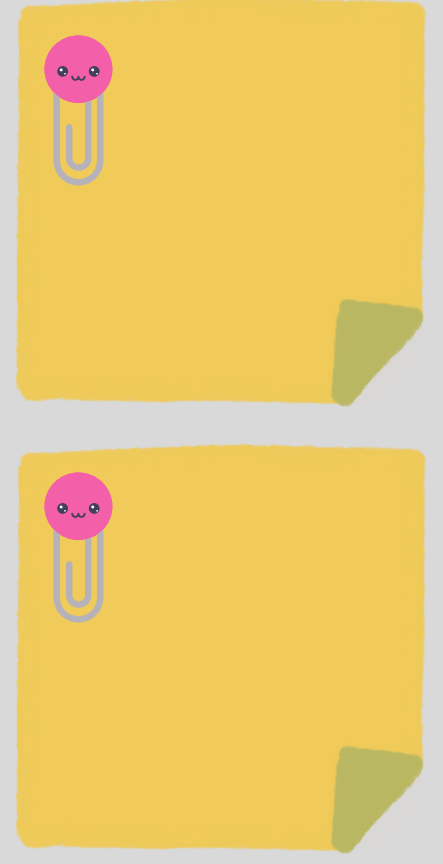
Group Work: Family or Workplace Dilemmas

CHOOSE

FAMILY



WORKPLACE







5

Self Check & Peer Encouragement

“What will you do differently at home or at work next time?”

Learning goal:
Where are we?

	I totally understand and can even teach a friend!
	I understand and can do it by myself!
	I am starting to understand and can do it with help
	I don't understand yet. Lets keep trying!

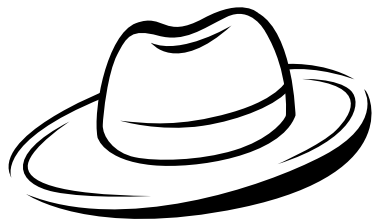


6

Wrap-up & Recap The Six Thinking Hats

A family of methods using "thinking hats" for critical thinking can involve applying different perspectives (represented by the colored hats) to a family activity to analyze, solve problems, or make decisions.

Critical Thinking Problem: Your family is planning a summer vacation in Romania.

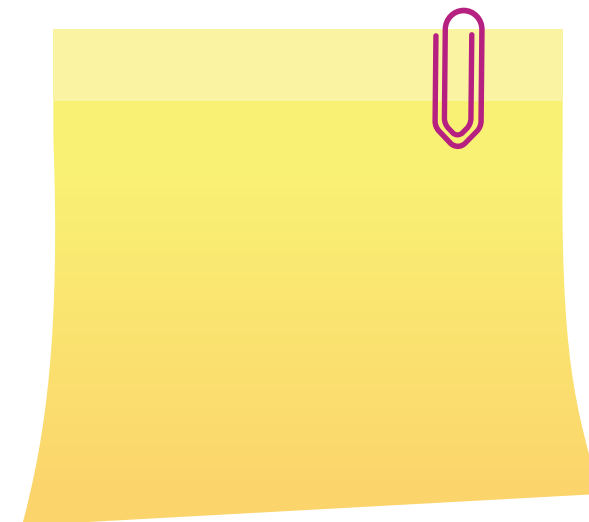
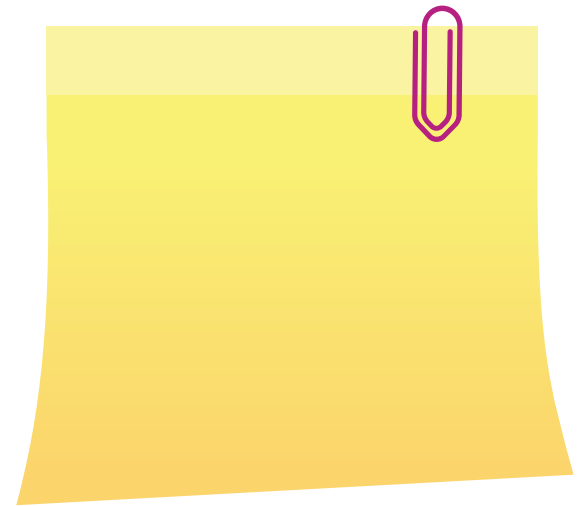
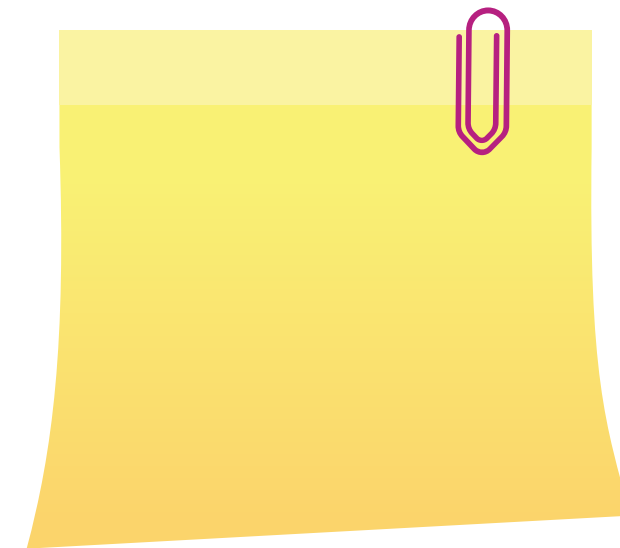


6 Thinking Hats Game:

1. *White Hat* (Facts & Information): Research potential vacation destinations in Romania (e.g., Suceava, Brasov, Transylvania), including costs, travel time, accommodations, attractions, and any relevant local information.
2. *Red Hat* (Feelings & Emotions): Discuss what each family member is hoping to get out of the vacation (relaxation, adventure, cultural experiences, etc.).
3. *Black Hat* (Caution & Risks): Consider potential drawbacks of each destination (e.g., language barrier, travel time, cost of accommodations, potential safety concerns, weather).
4. *Yellow Hat* (Positives & Benefits): Highlight the positive aspects of each location (e.g., scenic beauty, historical sites, affordable accommodations, cultural experiences, family-friendly activities).
5. *Green Hat* (Creativity & Ideas): Brainstorm alternative vacation ideas, such as exploring less-known Romanian towns, hiking in the mountains, or taking a cooking class.
6. *Blue Hat* (Process & Thinking): Summarize the discussion, make a decision on the best vacation destination based on all the information and feelings considered, and plan the details (travel dates, accommodations, activities).



**How did you
feel today?**



Thank You All!



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