

THINK NEWS

PEOPLE

PLACE

POTENTIAL

What we do



SOUP, 8 CAPS & A RAP

June 2019

This story begins at the Empowering Kids Festival in June 2019, there we were with our stall – having only just made it after losing one of our trailer wheels on the A52 on the way!. We had been to other festivals with our What Could I Bird and Pen Racing activities – but this was our first trip out for our 8 TH!NKing Caps. We planned to share them with parents and children from across the Midlands!

Half way through the event we meet Eli – a rapper from Nottingham – passionate about supporting young people through basket ball and music – we hit it off, we have a chat, we exchange a message – he says he likes what we are doing. The end, maybe?

July 2019

Move on to July, we are in a sweltering hot campsite in Frome, Somerset, at the first Stir to Action festival with a hundred or so other people listening to talks, learning forum theatre and realising there are other people out there with similar aims and ambitions to us – they even know what Community Benefit Societies are! (a type of coop that can do community shares and are the ultimate genuinely empowering, ‘community takeover’ vehicle)



Deana Wildgoose at the Empowering Kids Festival in June 2019.



Positive words written by the attendees at the Empowering Kids Festival.

SOUP AND A PITCH

We find out there is something called a soup event – we attend and pitch an idea for the ‘soup pot of doosh’ – to make an 8 cap rap with Eli the rapper who we met in June.

To make our pitch fun, the 8 cap poem we wrote back in January 2019 was hastily scribbled on some paper hats and some volunteers read a verse out each.

After our soup we make our pitch and it wins!! Yey – we walk off with full bellies and a bucket with some cash in and big smiles ! We can pay the rapper to turn our poem into a rap!

RECORDING THE RAP



Eli, the kids a dancer and a group of young people getting together to perform the 8 cap rap video.

2020

Fast forward to the present – we have spent some time with the rapper – he has taken our ‘rap-poem’ and turned it into a proper rap! He’s been sharing it with his kids, and has a dance teacher that wants to get involved. We decide to make a little film to go with the rap – with a young film maker we end up in a leisure centre in Nottingham with Eli and the kids, a dancer and a group of young people. We get some footage! – the end result a video to share the 8 cap TH!NKing Tool in an engaging

TH!NKing back...

We realise there are a myriad of connections and possibilities that had happened to get to this point – from emailing Thomas (chair of the Edward De Bono Foundation in 2018) who supported us to develop the idea of the 8 caps based on an original 6 Thinking Hats model by Edward de Bono; to the creative input and ‘tool testing’ by Victoria Herriman Design which

culminated in the 8 cap navigation tool; to the powerful and positive response we received sharing our original rap poem with young people and their teachers at a primary school in Yorkshire! And more!

There were other avenues and possible connections that didn’t go anywhere too – but these were all part of the journey.

INVITATION

Now we invite you to be part of the Journey - Where might you need it? How might you use rap to share something you are doing? Who might you connect with ?

The 8 Cap TH!NK Tool...

So what is the 8 Cap TH!NK Tool? – it’s one of the suite of Tools that can help you make better decisions, solve problems and get to the bottom of issues!

You ‘metaphorically’ wear a different cap as you ask yourself about a specific question you have posed or issue you want to solve!

It can be done in groups or on your own! You can download yours for free [HERE](#).

Here’s a quick guide :

WHITE CAP - Only TH!NK about facts here: What is the undisputable EVIDENCE what do you know or need to know for definite?

RED CAP - This is the time for feelings: How are you feeling? How is everyone else feeling?

BLACK CAP - This is about the downsides and risks: What CAUTION do you need to consider?

YELLOW CAP - All about upsides and the positives: What’s the GOOD STUFF to think about?

GREEN CAP - About solutions and new ideas – Let’s talk POSSIBILITIES and solutions

That’s 5 – the remaining three represent

BLUE CAP - Will we use this tool? In what order? How will we stick to the rules – COORDINATE with the blue cap

GOLD CAP – So, specifically, what ACTION will we take?

PURPLE CAP - Wear the purple cap to think about who you will share and make a CONNECTION with?

LINKS

Here's the link to our you tube channel – we hope you enjoy!

[8 Cap Rap](#)

[Rap audi only](#)

[Rapper Eli Energy](#)

[Stir to Action](#)

[Soups](#)

[The Positively Empowered Kids Network](#)

[Edward do Bono Foundation](#)

[Victoria Herriman Design](#)



kids love rap!

TOP TIPS

You never know where your ideas and connections might lead you !

Keep people's details,

Don't be scared to do a pitch at a soup! Run a soup event !

Be open to new ideas – your own and others! ,

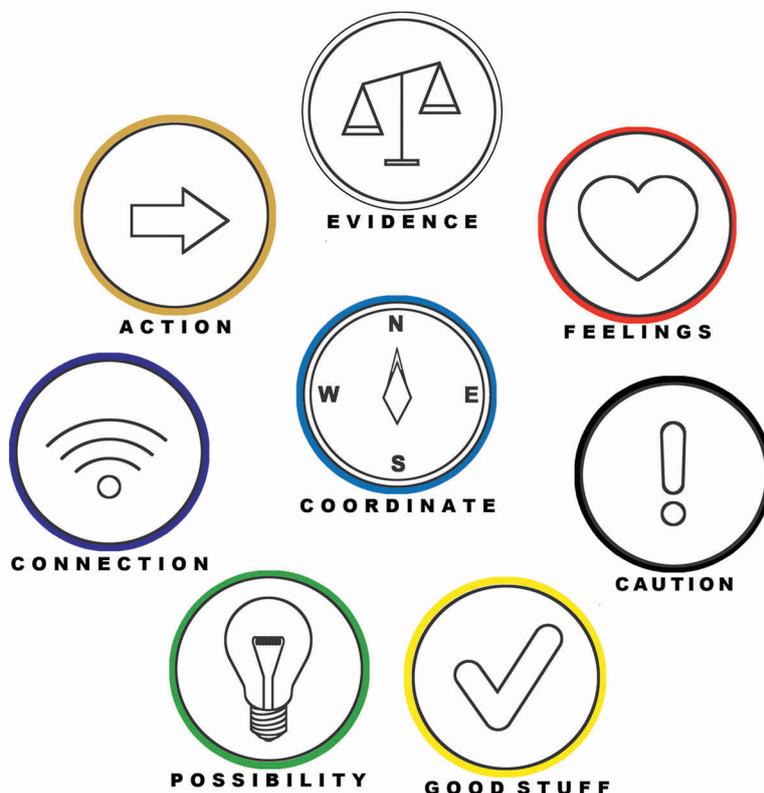
Don't expect all the leads will go anywhere in an organised manner – they won't.

Link to creative people – they are awesome

Don't underestimate the power of rap to engage young people positively,

Write poems

What else?



The 8 Cap Rap Tool



THE 8 CAP RAP

A Revolution in TH!NKing

Grab your caps, join the 8 cap rap
To change the world, why don't you do that
With your box of tools, share them out
Once they're nailed, they're yours for life

The first ones blue, this is for you
Make a TH!NKing plan, don't forget for who
You're in charge, show some respect
Blue caps the boss, right left, right left

Next ones white, facts to delight
Just evidence ok, no guessing right?
If no-one knows or you disagree
Then you'll know exactly what you need

Then comes the red, get your feelings out
Don't be led, it's a release no doubt
Can't keep it in? get some magic potion
Red cap on – share your emotion

Blacks next in line, take care, don't fret
An essential cap to place on your head
Keep it on to get the issues down
Don't let it stick, you don't want to drown

Come on the yellow, this cap you'll see
Contains good stuff & positivity
Benefits, bonuses, things that are great
Get 'em all out, don't hesitate

Ideas abound, no wrong answers,
With the green cap on, be the ideas master
Keep on going, you can't think of enough
Enjoy the feeling, the buzz, the right stuff

So gold is the one, what action to take
Just the first step you might make
To keep it going, and start your journey
You're in control, you have power of attorney

Purples the last cap you wear
With the others, think to whom you'll share
Full fill your dreams, avoid a nightmare
With your 8 cap rap, don't get stuck, take care

CATCHY CHORUS!

With your 8 caps to hand, there are no limits
Once inside, no need for gimmicks
Gotta recognize your power, your credentials
Connect with others, unleash your potential
So keep them to hand and share them wide
Together there'll be no place to hide -
For negative ninnies - need more convincing?
Time to join the revolution in TH!NKing

Deana Wildgoose - Hero Project CIC

Looking for a cool rapper / artist / reggae master to create a tune so we can share with primary school children...

Get in touch if you're interested 07974 260453