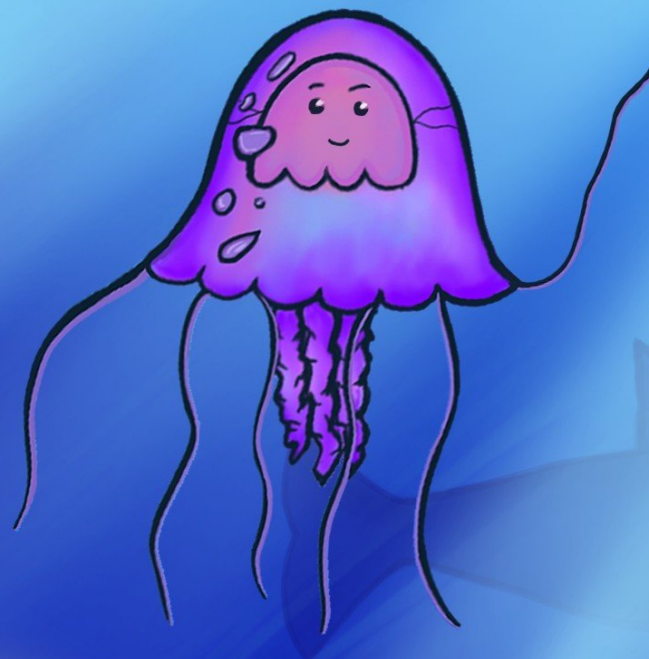


JELLYFISH JOHN

&

THE EIGHT THINKING CAPS

Written By Deana Wildgoose

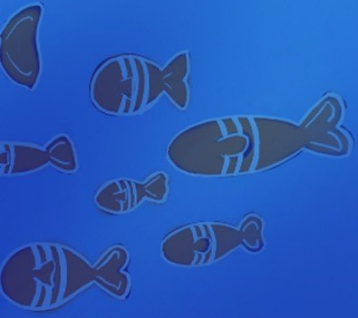


Illustrated By Nicola Tebbutt





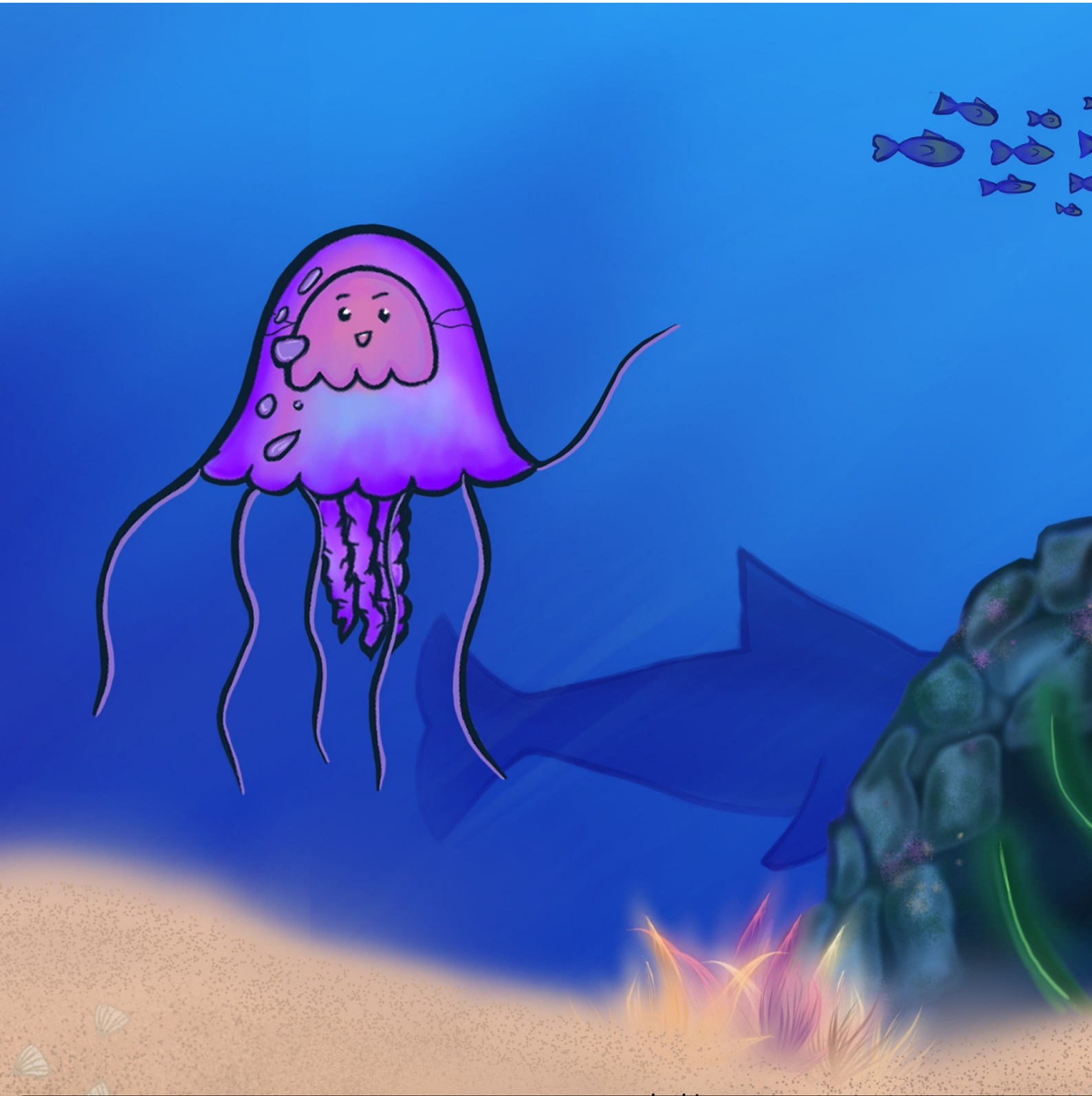
This book belongs to...



This is the tale of
Jellyfish John
and
he hopes it's useful to you!

By sharing his story and
having some fun he wants to help in all
that you do.







You see for Jellyfish John life wasn't always so great, he used to feel worthless and scared.

When things were confused in his head, he'd get mad and glow red, he felt as if nobody cared.

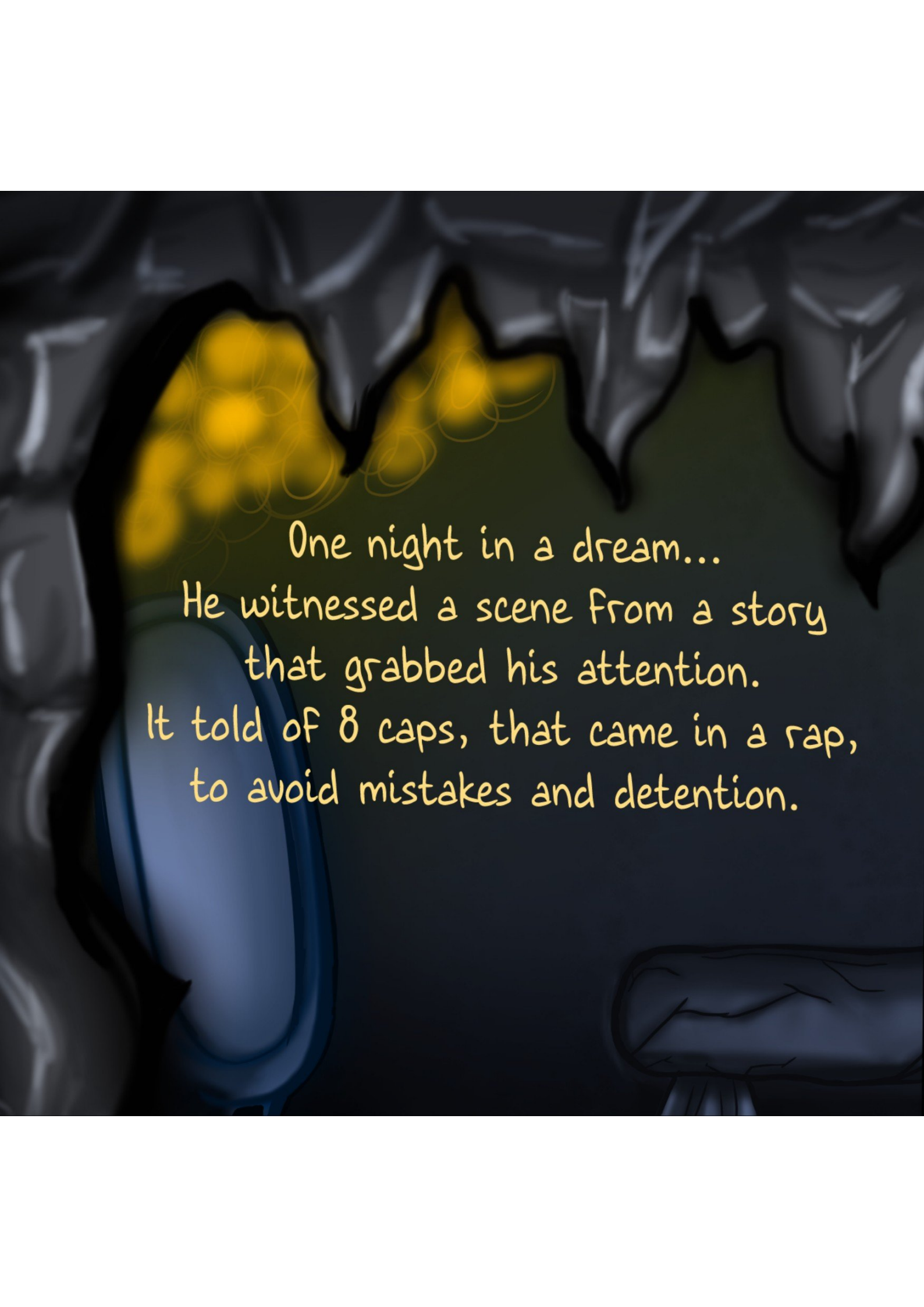
He'd scream and shout, and without caring about the people around him he'd sting.



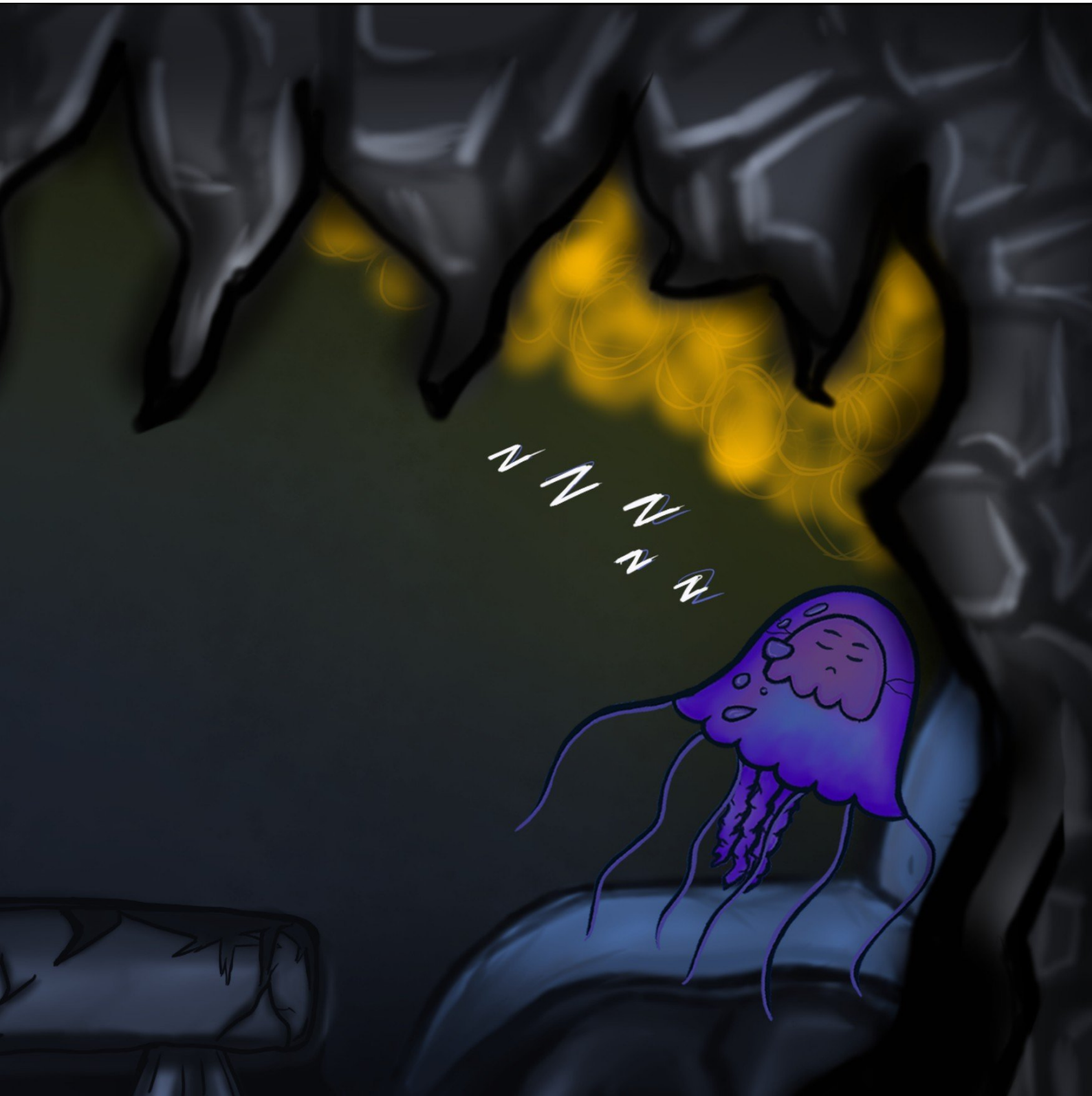
Fed up of being chastised, he soon realised, that he needed some different thinking!

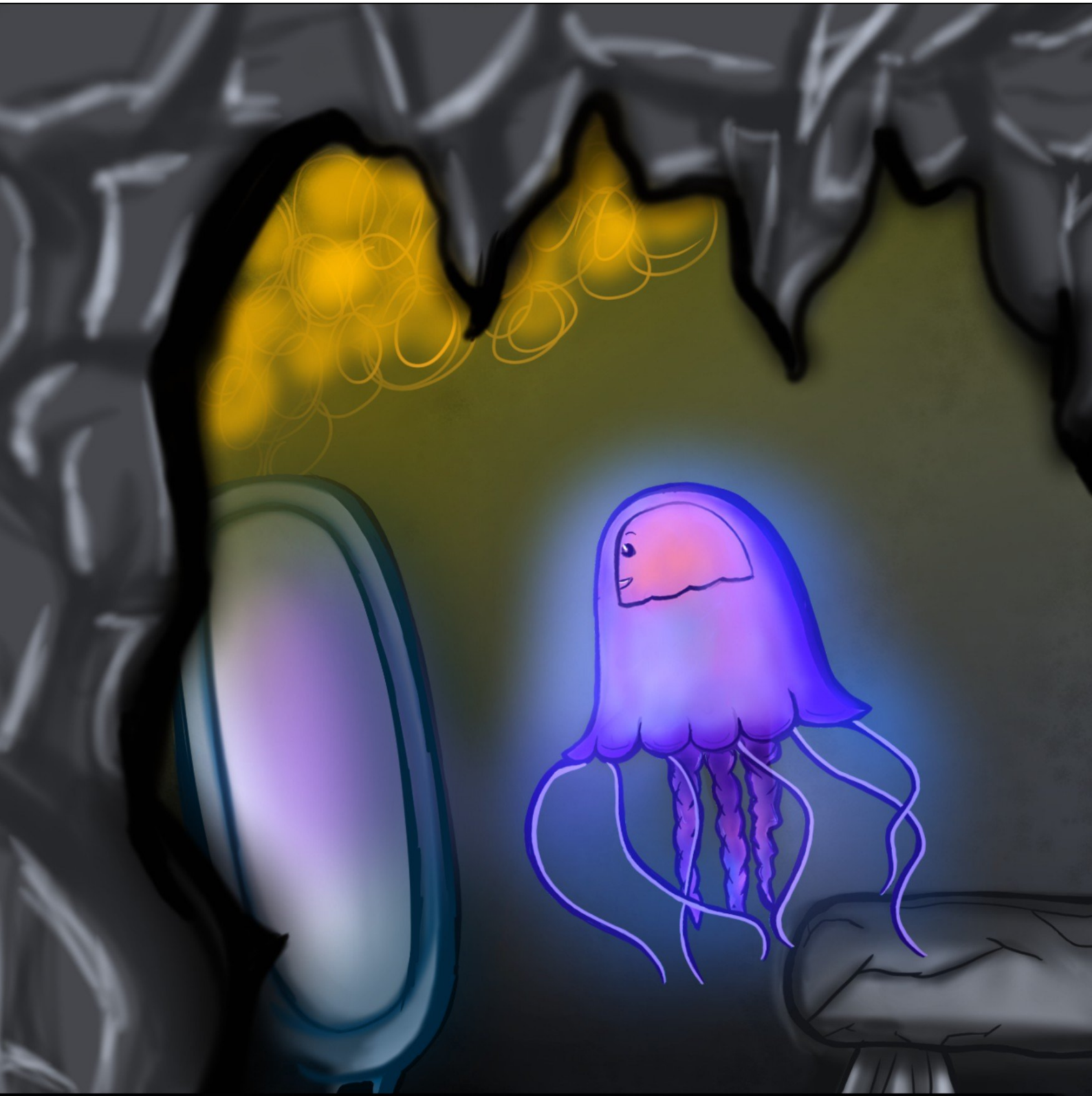


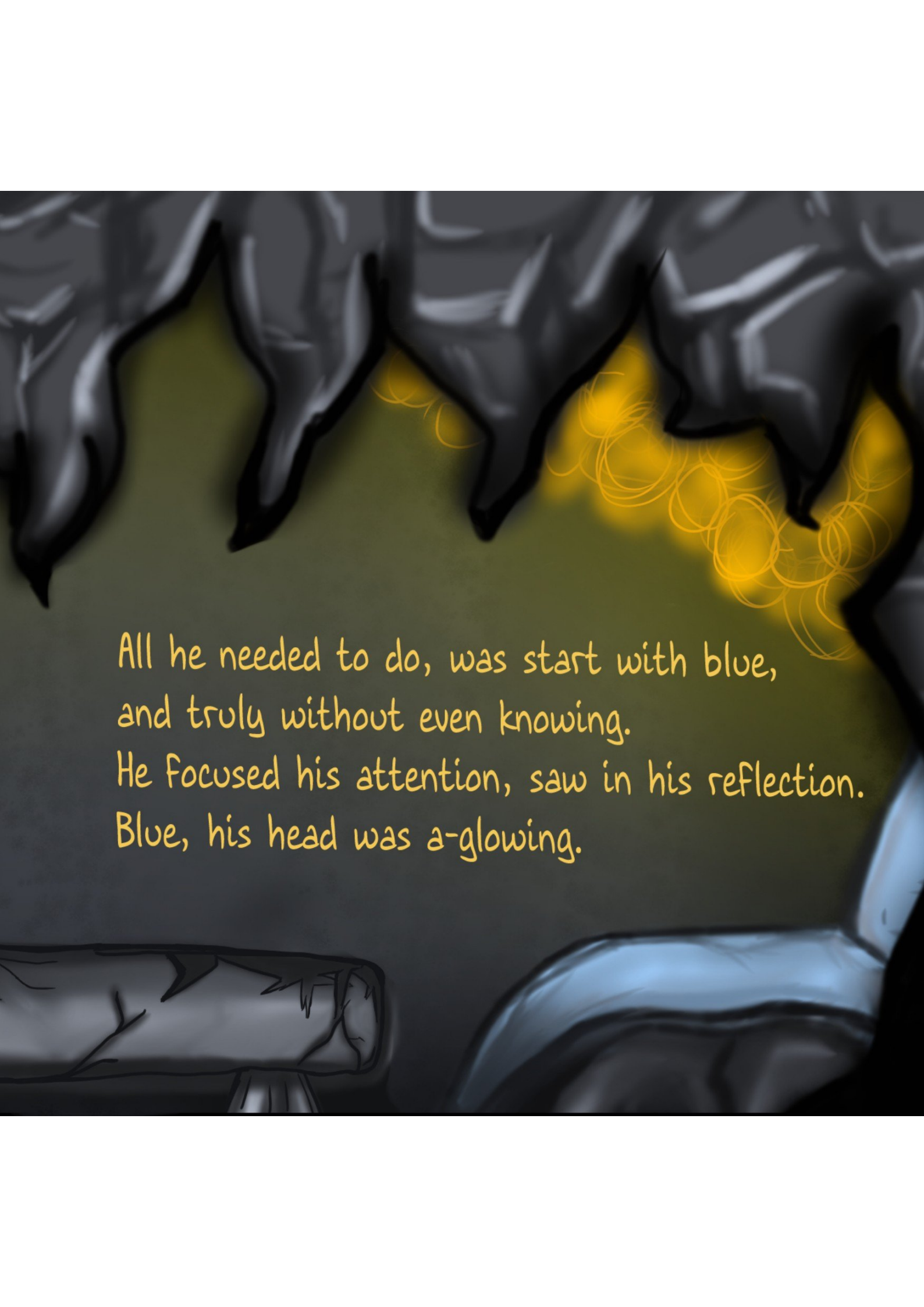
Different Thinking!



One night in a dream...
He witnessed a scene from a story
that grabbed his attention.
It told of 8 caps, that came in a rap,
to avoid mistakes and detention.





The background is a dark, textured surface, possibly a cave wall or a piece of fabric, with a glowing yellow circular pattern on the right side. The pattern consists of many overlapping, concentric circles, creating a bright, glowing effect. The overall color palette is dark, with shades of grey and black, and a bright yellow glow.

All he needed to do, was start with blue,
and truly without even knowing.
He focused his attention, saw in his reflection.
Blue, his head was a-glowing.

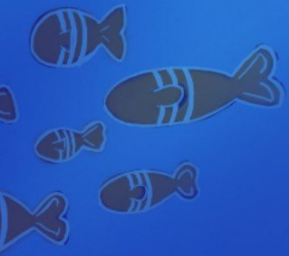


The background is a dark, textured surface, possibly a cave wall or a piece of fabric, with a glowing yellow circular pattern in the center. The pattern consists of many overlapping, thin, curved lines that form a spiral or a series of concentric circles. The overall color palette is dark, with shades of grey, black, and blue, contrasted by the bright yellow glow.

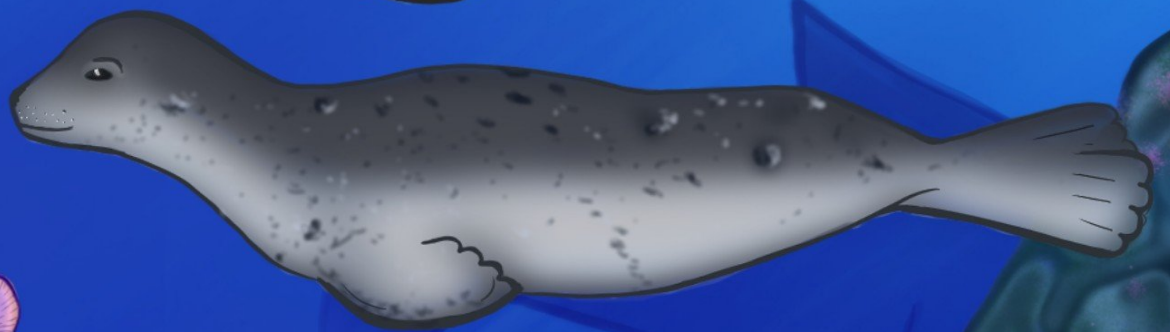
He got quite a thrill, as he practiced until,
the rap he remembered by heart.

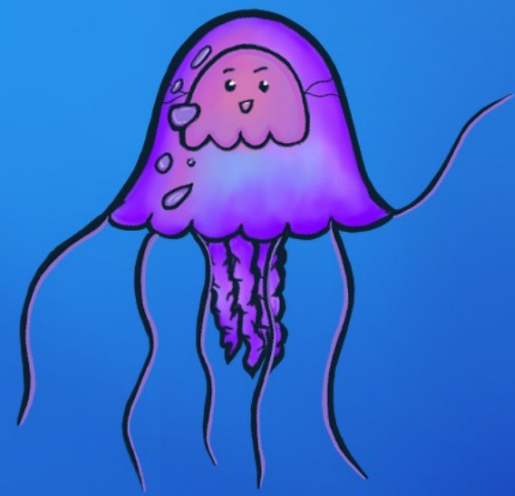
And then matched on his head, colours blue through
to red, he made it into an art!

He realised this skill, was special to him, he decided to make some amends.

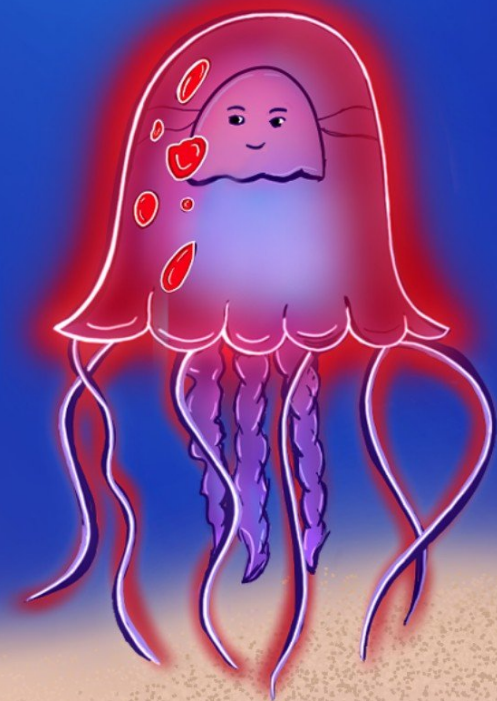


Instead of being mean, and making a scene, he shared the rap and helped his new friends.





It's probably useful now, to show you how, the 8 caps work to remove your frustration. Start with the Blue, which is used as the cue for a more helpful conversation. Followed by White, the facts that are right, no conspiracies or unanswered questions.



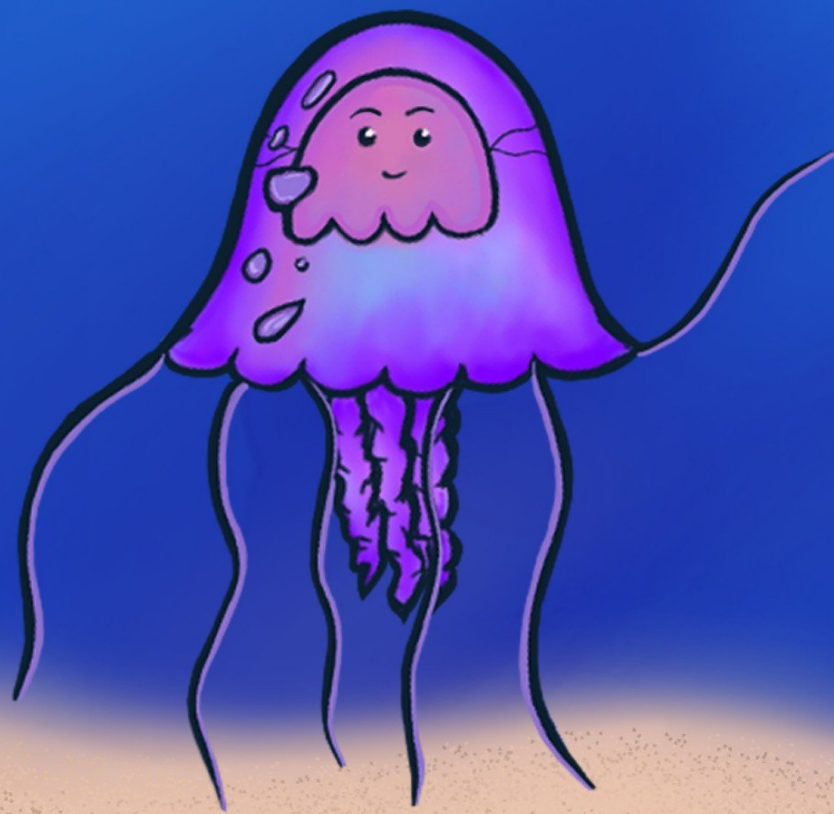
The Red and the Black, followed by Yellow and Green Caps, to get thinking in different directions.



The final two, Purple and Gold just for you,
wear them to decide what action to take.
Listen to others perspectives, just be more
effective, a better future you'll help to
create.



So John took control, embraced his new role,
he became the problem solver 'go-to'.
When there was anger and doubt, or arguments
broke out, everyone knew what they needed to
do.



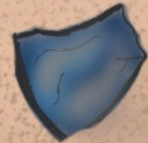
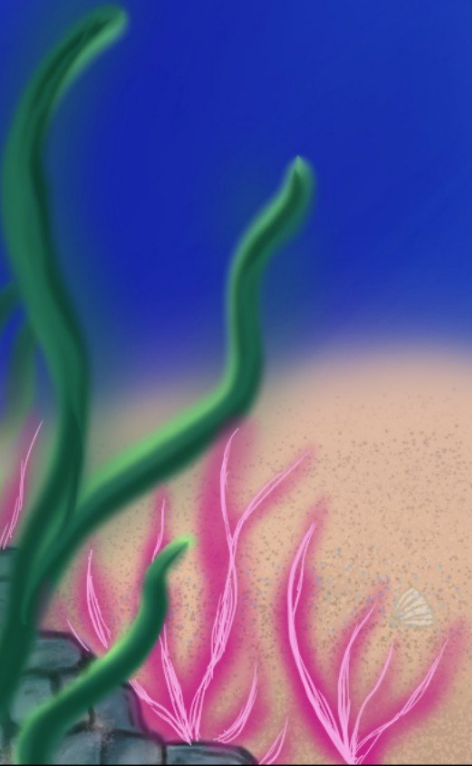
Olly and her crew, were arguing too, about bedtime, homework and reading.



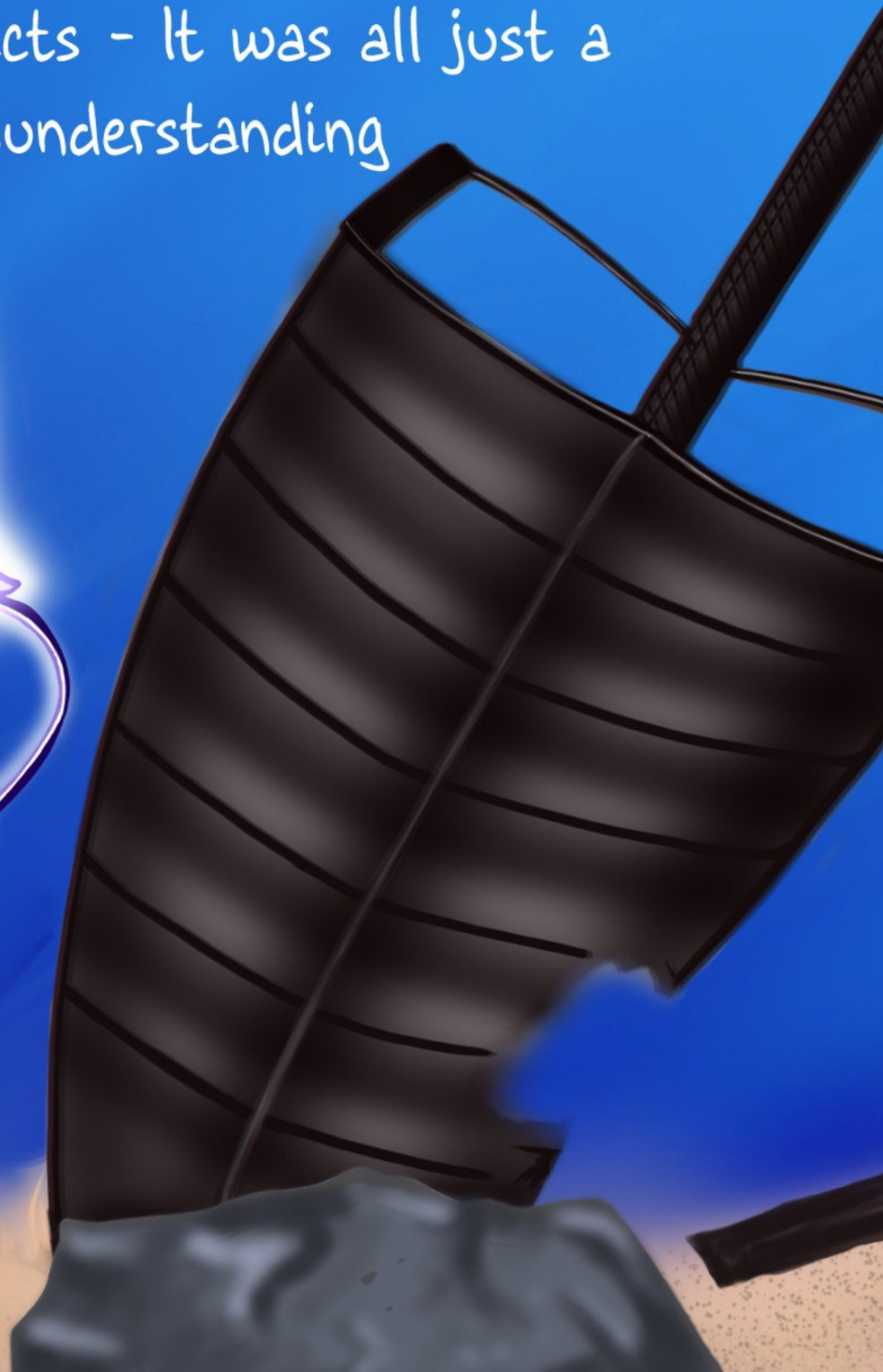
When the 8 caps were done, they
all felt like they'd won, they sorted it out
between them.



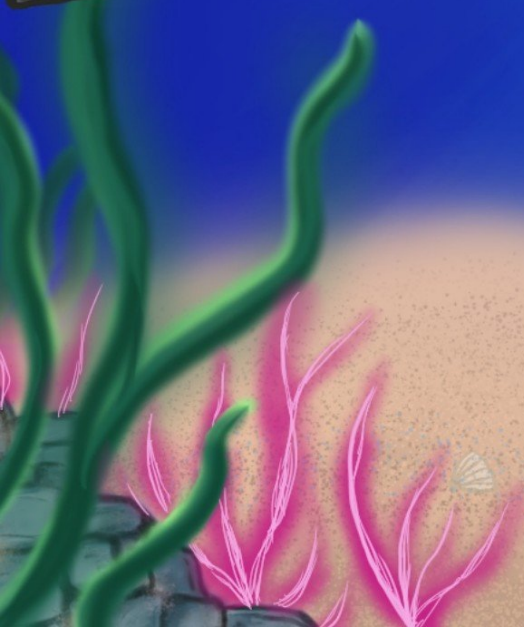
Salty and Curly kept falling out, about their boat and a recent crash landing.



They used the 8 caps, and with White
got the facts - It was all just a
misunderstanding



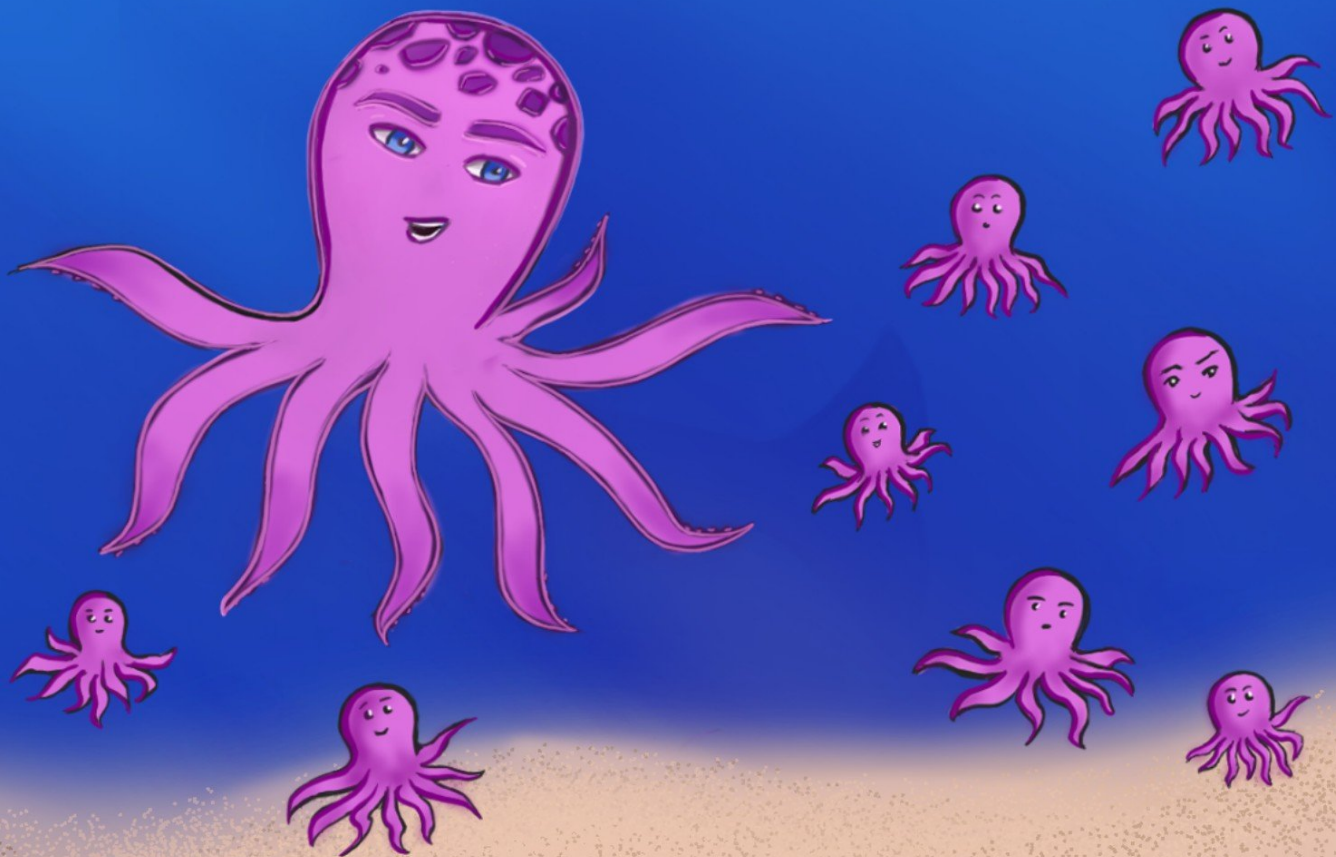
When Nancy and her mates, concerned
at the state, of the rubbish dumped in
the ocean...



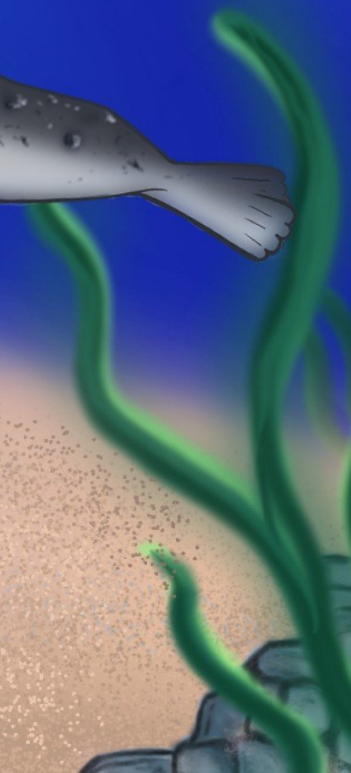
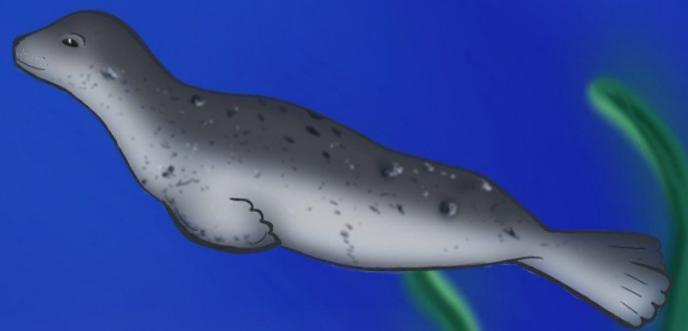
John shared what to do, they all talked it through, and a plan they put into motion.



"It helped build relationships
It helped thinking through
It helped focus our minds
It helped what we do"



"You can use them yourself
you can share them with others
If you don't need them all
Just select the right colours"



"With special thanks to our friend Jellyfish John
with the 8 cap rap.

Our troubles are gone"

So that's the story of Jellyfish John, use it and share
it - His 8 cap song



The Eight Thinking Caps



Blue Cap

Decides what thinking is needed and when.

Co-ordinate



Yellow Cap

All the positives.

Good Stuff



White Cap

Focus on the facts and truth.

Evidence



Green Cap

Possibilities, Ideas, new/fresh thinking and solutions.

Possibilities



Red Cap

To describe feelings about the situation.

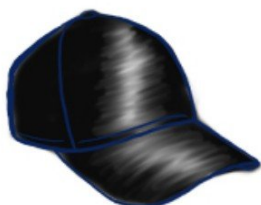
Emotions



Purple Cap

Who with and when will I share?

Connect



Black Cap

What are the downsides?

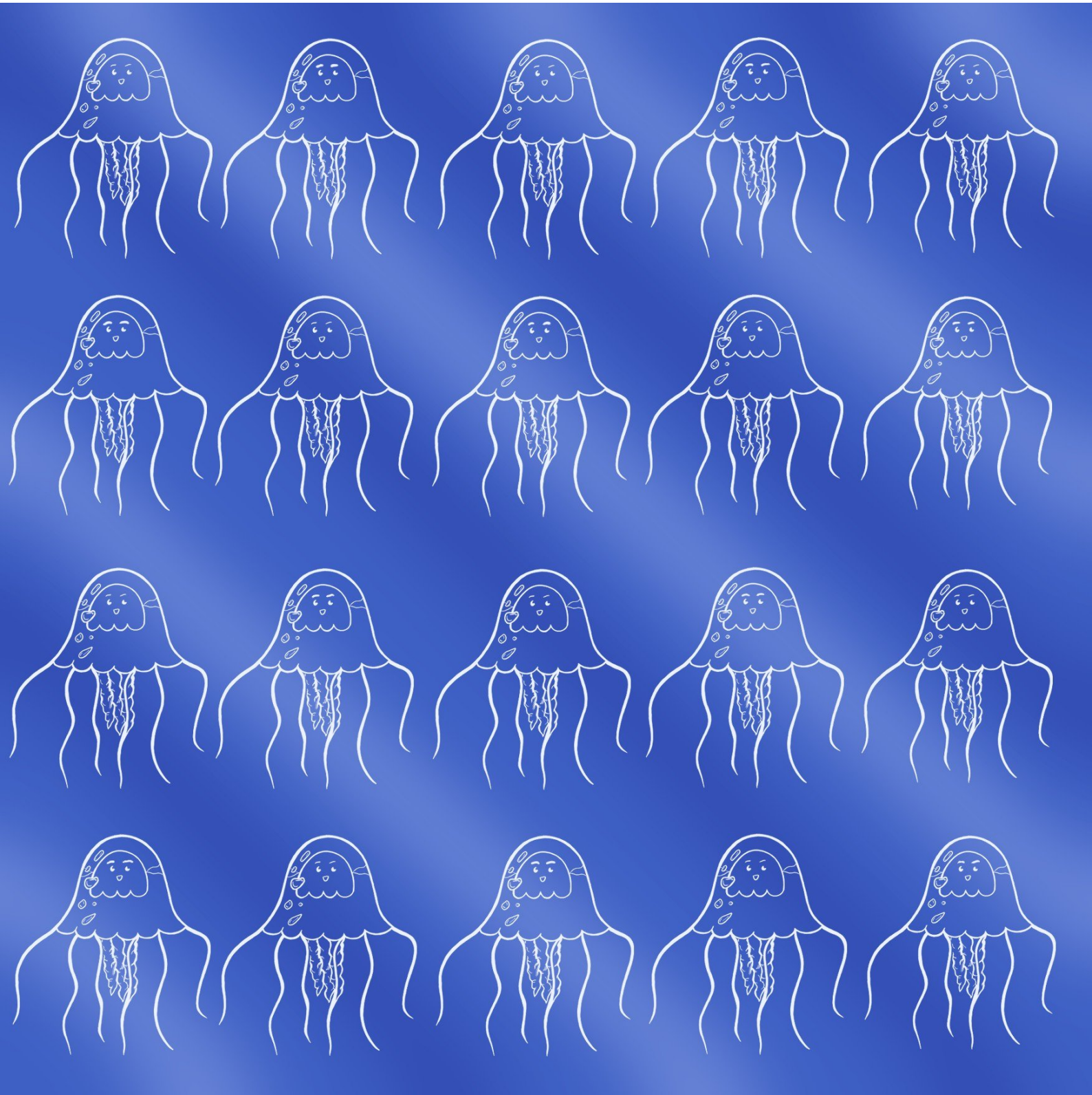
Caution



Gold Cap

What will I do now?

Action



Join Jellyfish John as he helps
his friend's solve their problems with the help of
The Eight Thinking Caps.

To find out more visit
www.thinkfc.org.uk

THINK FC

