

## WHAT IS DESIGN THINKING & HOW DOES IT HELP KIDS

We've all done it. Have you ever sat down to consider what takes priority for a day's work? Rarely do we consider the steps that lead us to beginning and finishing a task or project.

Design Thinking is the name, or methodology, given to the steps we use everyday to plan and solve problems. While adults use these problem solving skills professionally, most kids and youth are still in the formative stages of this skill development.

The process of Design Thinking was brought to the mainstream by IDEO and Stanford's d.school (founded by David Kelley). It helps people think creatively to solve problems and be more imaginative for designing almost anything! We know kids are imaginative, but this process helps funnel that imagination to create a more fluid and concise product or outcome. This helps them be more efficient and the quality of their work (or thinking) improves.

The best part is this method has life long effects. The younger the child, the better! This Design Thinking method is their "thinking-toolkit". Kids can use it to solve almost any problem and is a fundamental piece of the learn by making or maker-centric pedagogy which is the foundation of Brilliant Labs teachings.

## WHAT A PICKLE!

### DESIGN THINKING PROCESS GUIDING QUESTIONS

#### CALL TO MAKE

Most fruits and vegetables can only grow at certain times of the year in specific regions. These are peak times where there is an abundance of these foods. During other times there is scarcity. What if we could preserve these seasonal foods and also enhance its taste and texture with the science of pickling? Wouldn't it be nice to eat and share naturally preserved food from previous seasons all year round?

#### EMPATHIZE

How do I feel when I see a lot of food going to waste because nobody is eating them? What can I do to preserve and share nutritious food with others who don't have access? Am I aware of my needs and other's needs while preserving food? What are safety measures I need to consider with allergy-causing foods?

#### DEFINE

What type of pickle are you creating? What types of spices, herbs, and vegetables are you going to use? What quantity are you making? What ingredients do you need? Who is it for? Where will you store it?

#### IDEATE

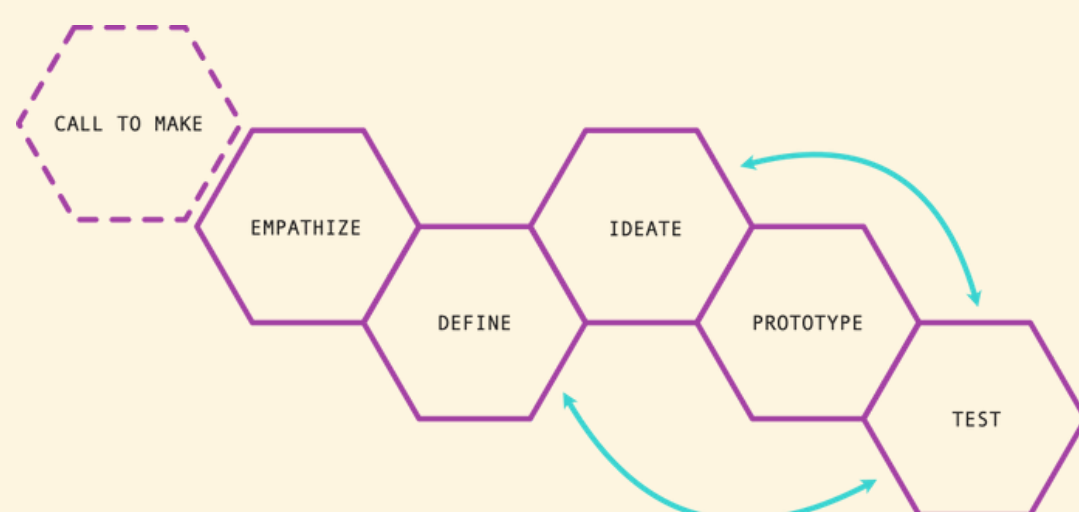
Where will you source the ingredients for your pickles? What is in season and abundant? How will you avoid contamination that can potentially make your pickle dangerous to consume? Considering food safety, how will you decide what ingredients are necessary and what ingredients can you experiment with in the pickling process?

#### PROTOTYPE

What is the difference in taste between white vinegar and apple cider vinegar? If you are making two jars of pickles, experiment with different spices in each jar. Try making sweet-sour, dill, or textured pickles. Which one is more appealing to your taste buds?

#### TEST

Did your pickles smell and look pleasing? Did they taste as you expected? Share your pickles with others and seek their feedback. How long are you able to safely store the pickles? What would you do differently if you were to make the pickles again?



"Deep empathy for people makes our observations powerful sources of inspiration."  
—David Kelley