

# Version for Children

Thinking well is a powerful skill. It helps you make better choices, understand things more clearly, and feel more confident when life gets tricky. This guide is here to help you build stronger thinking and critical thinking skills. These are tools you can use every day—in school, with friends, online, or when making decisions about your future.

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## 7 Steps to Sharper Thinking

1. Know Your Purpose
    - Ask: Why am I thinking about this? What do I want to figure out?
  2. Ask Good Questions
    - Ask: What questions can help me understand this better? What do I still need to know?
  3. Spot Assumptions
    - Ask: Am I just guessing something is true without checking? What have I decided without even realising?
  4. See Other Points of View
    - Ask: Am I looking at this from more than one side? Could someone else see it differently?
  5. Check Your Information
    - Ask: Where did I get this info from? Is it true, recent, and useful?
  6. Be Clear on Ideas
    - Ask: Do I really understand what this word or idea means? Are others using it the same way I am?
  7. Think Before You Decide
    - Ask: Am I rushing to a conclusion? Or have I really thought it through?
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## Two Habits of Strong Thinkers - Critical Thinking

1. Be open to changing your mind.
    - If you find better reasons, it's okay to change your opinion or view. That's a strength, not a weakness.
  2. Ask questions before believing things - reflective scepticism:
    - Don't believe everything straight away. Think it through. Question it.
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## 10 Quick Checks for Smart Thinking

1. Is this a fact, or just someone's opinion?

2. Does this really matter for what I'm trying to figure out?
3. Can I double-check that this is actually true?
4. Can I trust where this information came from?
5. Is anything here confusing or unclear?
6. Am I (or someone else) assuming something without proof?
7. Is anyone being unfair or letting feelings get in the way?
8. Is this idea based on good reasons, or is something wrong with the way it's argued?
9. Does this make sense all the way through, or are there mixed messages?
10. Is this idea strong, or is it missing something important?