



## USING HEADSTAND METHOD IN ENGLISH LESSONS FOR PROBLEM SOLVING

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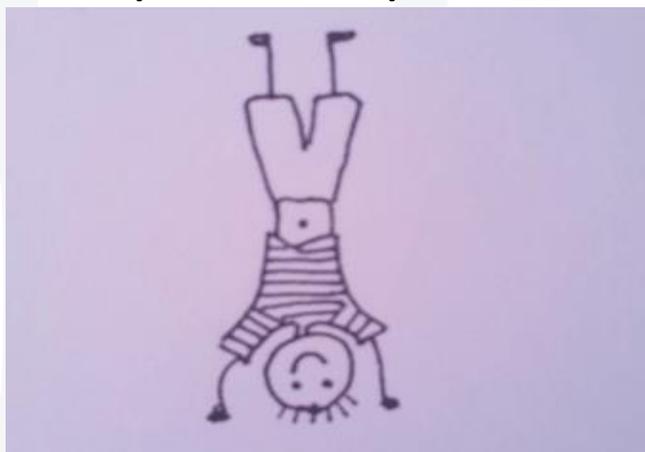
### Annotation

The article discusses the use of the headstand method in English lessons. The stages of application, advantages and disadvantages are explained.

**Keywords:** headstand method, problem, brainstorming, learning, teaching, idea, developing creative thinking.

The headstand method is a proven brainstorming method that generates new ideas with the help of negative questions. It uses the quality of people that they naturally like to criticize. If you want to generate new ideas quickly and efficiently with your team, then you should simply try the headstand technique.

The headstand method is one of the most effective brainstorming methods for generating ideas and solving problems. At its core, the headstand technique is based on the fact that most people unfortunately find it easier to criticize and think negatively than to develop constructive and positive solutions. This system makes use of the headstand method by asking what can be done worse in a given case. Write down all the points you can think of one below the other. Then just turn the points you have listed, i.e. make more out of less and vice versa. In the following example for clarification, you can see clearly how effectively the headstand technique can work.



**Picture 1. Headstand method**



Example of the headstand method as a creativity technique

Suppose you want to develop ideas for generating new customers. To use the headstand method, formulate your questions negatively, such as "What can we do to get even fewer customers"? Simply list your answers one below the other in a list:

- less google advertising
- fewer blog posts
- less SEO / online marketing
- ask for fewer reviews
- ask for fewer recommendations
- deliver poor quality
- shorter opening times
- be present in fewer cities
- ask for higher prices
- Etc

To use the headstand method now, simply turn the adjectives around in the next step. Less becomes more and shorter becomes longer. As a result, you have now generated ideas for your initial question quickly and easily. Of course, the headstand method also works great in teams.

The method consists of six steps:

Step 1: identify the problem

Step 2: identify the opposite of the problem

Step 3: Think about how you will definitely not reach the basic problem, write down the measures that lead to it

Step 4: All employees or students, etc. work for themselves for about 5 - 10 minutes and should collect or write down negative measures

Step 5: Create a structure or categories of negative measures or actions as a moderator or in a team

Step 6: Now it is a matter of turning the negative measures back into the opposite so positive measures to be formulated. So you have found the solution to the problem. Probably with fun and thus with less stress than desperately going straight to the positive measures of the basic problem.

For example:

A wrong thesis is given by the teacher. For example, on the subjects of "eating", "healthy lifestyle", the thesis "Fastfoot is not harmful to health" is demonstrated to the students. Have the students think about it and give counter-arguments. E.g.





"No, that's not true, because / because".

With this method, too, brainstorming can be used as an additional method. With the headstand method, you turn problems upside down. For example, instead of worrying about how to sell as many calendars as possible, think about how to produce unsalable calendars. That sounds crazy, but it works! The reason is that many people find it easier to think pessimistically than optimistically.

Because the reverse task is unusual, established thought patterns do not inhibit, and it is usually easier to find solution ideas.

The task is to develop new service ideas for a supermarket.

Question 1: How could the task be reversed? Answer: What service could customers offer the supermarket?

Question 2: What could something like that look like? Answer: The customers clean the supermarket.

Question 3: What does the opposite of that mean? Answer: The supermarket helps customers with cleaning.

Question 4: How could we achieve this? Answer: The supermarket arranges chimney sweeps, cleaning services, window cleaners, etc.

The headstand method can be used in groups of six to 15 participants; a run should not take longer than an hour, 45 minutes are better. First, the task is defined, for example "Increase customer satisfaction". Then this task is turned into its opposite, for example: "All customers lose". The teacher can form several groups and let the participants come up with ideas on how to lose customers. Each group collects how this could work: "delivering late", "issuing wrong invoices", "sending wrong goods", "being unfriendly with customers" etc. Conversely, these suggestions result in what should be avoided. And from this, in turn, it can be deduced how customer satisfaction can be achieved. So the proposals should be reversed. The participants now formulate the ideas on how to increase customer satisfaction. For example, "You should deliver the goods on time, you should be friendly with customers", etc. The best way to find ideas for this is in a subsequent brainstorming session. In this way, many ideas are gathered with fun on the subject of the lesson.

### **Advantages and disadvantages of headstand method:**

The headstand method or headstand technique deals with the opposite of the problem and should be performed with ease and fun so that creativity is not damaged.





In particular, this creativity technique is based on the fact that it is mainly fun when you think about what you should do in order to remain unsuccessful. Another advantage of this technique or method is that it is very easy and quick to learn. In this way, the ideas and problem-solving fields are filled with exactly what you don't want. Boredom and unsuccessful team meetings are a thing of the past!

The headstand method is also suitable for inexperienced groups. The fun that arises with this technique releases a “boost” for additional creative energy.

The key is the change of perspective. By looking at the task in reverse, you get other stimuli in the brain. This enables access to other brain regions. When you're done, break up the headstand and flip the results.

In summary, or because of this, the headstand method is worthwhile is particularly suitable for releasing blockages and switching to a creative mode; the playful approach takes the pressure off; ideal for opening meetings and workshops; That's fun! And having fun promotes brainstorming.

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