

## Activity 2:

# Five Fingers

A simple approach to obtain feedback from a group.

## Description

For each finger of the hand, a specific question needs to be addressed:

- *The Thumb: What went well? What did you like?*
- *The Index Finger: What would you like to point out or highlight?*
- *The Middle Finger: What could be improved or changed? What went wrong (negative feedback)?*
- *The Ring Finger: What would you like to keep? What will you take home?*
- *The Pinkie Finger: What did not get enough attention? Further comments or recommendations?*

The answers can be written down individually or collected in groups.

## Discussion questions

### Reflect

As physical education teachers or coaches, how was your experience with this feedback approach? Would you use it within your groups?

### Connect

How does the Five Fingers approach compare to other methods of feedback collection that you've tried in the past?

### Apply

What do you think are some of the important elements in collecting and receiving feedback? Is feedback important to you? Why?

## Facilitation notes

The facilitator should collect questions and responses in written form, this allows for the evaluation and comparison of results over time. Facilitators should also avoid being defensive when receiving negative feedback. The goal is to create an open atmosphere of feedback and to receive useful, actionable input from the students or athletes.

<b>Number of Teachers or Coaches</b>	1-2
<b>Number of Students or Athletes</b>	6+
<b>Typical Age Group</b>	8+
<b>Time Needed</b>	30 minutes
<b>Space Needed</b>	Classroom or sport setting
<b>Materials Needed</b>	<ul style="list-style-type: none"> <li>• Paper or flipcharts</li> <li>• Pens or pencils</li> </ul>
<b>Activity Objective</b>	To obtain group feedback in a systematic yet fun and simple way
<b>Related Unit</b>	Unit 4
<b>Related Learning Competences</b>	Monitoring and Reviewing, listening, critical thinking and analysis