

Five Finger Feedback

Short description	A structured feedback/evaluation method in which the five fingers of a hand are used to reflect on different aspects of a task or session
Objectives	To promote reflection, structure feedback, and facilitate the expression of opinions
Duration	5–15 minutes
Social form	Individual work (optional: plenary session)
Materials and organisation	Blank paper or a template of a hand, pencils
Preparation	Prepare the visualisation if necessary

Step-by-step description

	<ol style="list-style-type: none"> 1. Explain the meanings of the five fingers <ul style="list-style-type: none"> • Thumb: What I liked / What went well. • Index finger: What I learned / Something I want to point out. • Middle finger: What I didn't like / What was difficult. • Ring finger: What I'm taking away / What was important to me. • Little finger: What was missing / My wish for the future. 2. Invite participants to write down their associations. 3. Optional: each participant shares their thoughts in plenary
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