

The Five Finger Contract

Adapted from High Five Adventure Co.
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An easy-to-use method for Group Agreements & Expectations

The following is an easy-to-use activity for setting effective expectations for any group such that the individual group members can, at any point thereafter, refer to in order to reinforce positive behaviors and discourage negative behaviors in the group. It is intended to be used as an introductory / initiation activity that can then be easily referred to throughout the group's process towards a goal.

Using the 5 fingers of the hand...



...the thumb stands for a positive and encouraging attitude



...the pointer finger stands for no blaming, shaming, or judging others, as when we point at others, three fingers point back at us, and in fact research shows that we notice the faults in others that we most mirror in ourselves.



...the middle finger reminds us to be respectful, and of the power that symbols can have. Often this finger is used to communicate something hurtful, but we choose to recognize the choice we have and can agree to think of this finger as our reminder to *choose to be* respectful to one another.



...our fourth finger, the 'ring' finger, urges us to commit. To commit to our group, to the activity, to the space we presently occupy, and to remaining present and mindful within that space.



...finally the pinkie, or our 'little' finger, reminds us to 'look out for the little one'. Each and every one of us can be 'the little one' physically, emotionally, socially, mentally, or spiritually in our lives, and its important when someone is the little one that the rest of the group works to support them, as we would hope to be supported.

Finally, when the whole group is ready to agree on these 5 goals, everyone 'signs' the Five Finger Contract with a high five!



ADD-ON ACTIVITIES:

- **Thumb-o-Meter:** The group leader can also show how the 'thumbs up' sign can be used as meter from thumb up to thumb sideways to thumb down to indicate the energy level of the individual to whom the thumb belongs.
- **Group Strength for the Little One:** Each person in the group gets a partner. Each pair chooses one person to be 'Partner A' and the other to be 'Partner B'. A holds out their index finger for B, who grabs the index finger with their whole hand and squeezes as hard as they can. B then loosens their grip but continues grasping A's finger WHILE straightening out their little finger for A to hold on to. A should now have two hands involved, one whose index finger is being held by B, and one holding on to B's pinkie. B should have only one hand involved which is both holding A's index finger and whose pinkie finger is being held by A's other hand. B now squeezes again. Discuss the differences: Which squeeze was more powerful? What happens when we force out the 'little one' from our group?