

# Five fingers

## Reflection activity

source: Mentors' Lab. Edition 2



20 minutes



4-30 people

**Jammin  
Board**



ARTS



NFE



INCLUSION

### Topic

reflection on the completed activities

### Objectives

to get feedback from participants of previous activities, summarize what new each of them have learnt

### Materials

Papers, markers,  
peaceful space

### Steps

1. Participants are asked to draw their hand on a paper. For each finger of a hand there is a specific question:

- What did you like the most?
- What you didn't like?
- What is the most important thing you learnt?
- Did you discover anything new about yourself and if so, what is it?
- Small details that touched you spiritually.

2. After answering the questions everyone is invited to share and reflect on their answers.

The facilitator should monitor the activity. Depending on the size of a group participants are asked to present what they wrote either on one finger or on all of them. Questions can vary.