


## High-five

 **Step:** Six - Reflect!

 **Time:** 15 min

 **Space and materials:**

- Room with possibility to sit in a circle and move;
- High-five Sheet for each participant;
- Pens/pencils.

 **Description of the tool**

1. Disseminate the High-five sheets and give the participants 5 minutes to fill it in individually. Then ask the participants to go around and pair with other people, sharing either their critical or satisfying findings. Ask them to high-five as a sign of a great job after completing the conversation!
2. After the participants complete some sharing, ask them how they feel and if anybody wants to share similarities or differences they have detected when speaking with others.

 Annex: High-five sheet



The worst thing about the action was....

I didn't feel comfortable doing....

The part I could have learnt more....

The boring part was when....

It would have been better if...

The best thing about the action was....

I felt really comfortable doing....

The most interesting part was when....

The part I learnt a lot....

It was great because...