

Challenge by Choice and Five Finger Contract

A paramount principle for all activities is Challenge by Choice. It means that we as facilitators OFFER both physical and psychological challenges to individual participants but THEY CHOOSE their level of engagement in the particular challenge. Our challenge courses and activities are designed to offer differing levels of challenge to participants. We operate inclusive programs meaning anyone of any ability is able to join. Challenge by choice is a belief in which we, the facilitator(s), respect the right of the individual participating to choose the degree in which they participate during an activity, always encouraging participants to step out of their comfort zones but never forcing them to. Individuals should feel comfortable and safe at all times. Keep in mind that all participants come with different levels of fears. It is important to celebrate the tiniest steps that they might take out of their comfort zone.

5 Finger Contract

If you are doing anything with a group and want to build that sense of teamwork, it is always nice to go over or review your five-finger contract with the group.

As the Facilitator, you will be the one in charge of setting this up.



Pinky– Is the finger that gets broken the easiest. It stands for Safety.

Ring Finger – Stands for Commitment.

Middle Finger – Stands for No Put Downs.

Pointer Finger – Follow Directions.

Thumb – Have Fun.

In the group, ask the participants what they think each finger means and ways to follow what they represent.

Example: “The Ring Finger stands for Commitment, what are some ways that we can show commitment this activity” Do this for each finger, reviewing what it stands for. After you have gone through the five-finger contract, have everyone do a verbal/visual agreement showing that they are going to follow the contract.

Example: “If you all agree, everyone put your thumb in and on the count of three say “TEAMWORK” (or something else related to team building/teamwork).