

# THERMOMETER

## AIM:

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Thermometer technique serves as an easy, accessible, and quick evaluation tool of particular activity/ies or even the whole programme. The main advantage of this technique is that it provides the possibilities for easy engagement that does not involve verbal or creative expression.

## TYPE OF ACTIVITY:

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closing activity

## TARGET GROUP:

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**group size:** any size

**age:** 15–25 years

**gender:** any gender

## DURATION:

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- ▶ when using the “1 question + time for comments” option, the technique’s time frame spans about 5 minutes

## ACCESSIBILITY:

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- ▶ hand movements

## MATERIALS:

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- ▶ none

## PROCESS:

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The facilitator asks participants to stand in a circle so that all can see each other (if possible). Next, the facilitator asks a question to which the group reacts with gestures of both hands.

- ▶ Arms low, near the ground means a negative answer.
  - For example: “I didn’t like it/I don’t agree/I don’t have energy.”
- ▶ Arms put out in front of oneself means neutral reaction.
  - For example: “It was OK/I don’t choose any option available, not this and not that.”
- ▶ Arms extended upwards, above the head means a very positive reaction.
  - For example: “It was great/I strongly agree/I feel very motivated.”