

Ross Greene's Five-Finger Strategy

The Five-Finger Strategy is a way to make a guess about what may be bothering a child if they are having difficulty talking or explaining in the Empathy Step of a Plan B conversation. Start by asking the child to respond to silly/goofy statements to learn the strategy. Example: "You like spaghetti," or "You don't like ice cream." Ask the child to show fingers to practice with silly statements before using the strategy to guess concerns for the Empathy Step of a Plan B conversation.



Very true



Pretty true



Sort of true



Not very true



Not true at all