

# Alligator Arms

Type: Checking for Understanding



## What Is It?

A quick way to gauge how well participants understand or enjoy a topic / lesson through simple arm movements.

## Why Use It?

Helps participants track their learning progress

Helps trainers gauge how much participants understood or enjoyed a topic

## How to Use It

1. Decide what kind of feedback you want to get from participants. Do you want to know how much they understand? How valuable the lesson was? How much they enjoyed a particular activity?
2. Ask participants to stand with their arms sticking out in front of them, palms touching like an alligator's mouth.
3. Explain that arms wide apart means "a lot" and arms touching means "not at all." Ask participants to indicate with their arms how much they enjoyed/learned from/understood the topic they just learned about.
4. If there is wide variation in the responses or if most people kept their arms close together, ask them to give more specific feedback about what was difficult or frustrating.

## Variation

Stand / sit / crouch: instead of indicating their feedback using their arms, you can ask participants to crouch for "not at all," sit in their chair for "somewhat," and stand with arms in the air for "a lot."

Thumbs up / sideways / down: instead of alligator arms, ask the participants to use their thumbs to indicate their feedback (up = a lot, down = not at all, sideways = in-between).