FULL VALUE CONTRACT

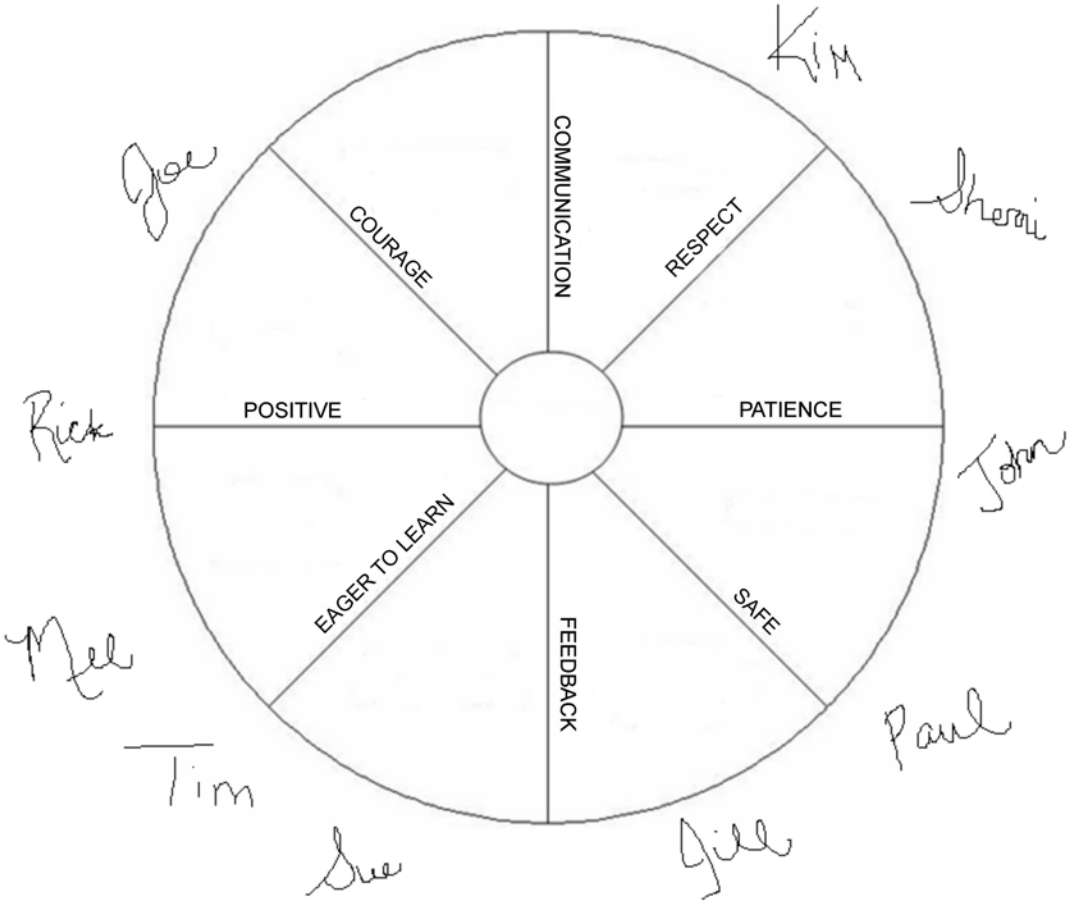
Full Value Contract: The Circle

1. Draw a wheel. At the centre of the wheel, draw a circle. This circle represents the individuals, the group, and the goals.

2. Draw rays from this circle. On these rays, write each selected value.

3. The outer circle symbolizes that the group is one and that all members go toward the same direction.

4. Without the respect of the chosen values by everyone, the group could not make a wheel, and could not walk toward the same goals.



Director Cadets 3, 2007, Ottawa ON: Department of National Defence

Figure A-1 The Circle

Unofficial convenience copy of A-CR-CCP-703/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-703-PF-001/A-CR-CCP-703-PF-001.pdf.
Verify against the official publication.

Full Value Contract: The Village

1. Draw a frame (village) on cardboard or flipchart paper.

2. Have the cadets think about values, qualities, and behaviours that make them feel safe and respected, both as an individual and in a group setting.

3. Have each cadet select their most important value, quality, or behaviour.

4. Have each cadet represent what they chose by drawing or writing it on a piece of paper.

5. Have each cadet glue their drawing or writing inside the village and briefly explain to the others why that choice was made.

6. Repeat the activity by including something that will prevent the group from reaching their goals and affect the running of the village.

7. Have each cadet explain why they chose their representation.

8. Have each cadet glue their drawing or writing outside the village.

9. Discuss the values selected by the cadets (inside and outside the village) and ask if everyone agrees. The cadets must understand that they are agreeing to respect each person's value, quality or behaviour in order for the cadet corps (village) to run properly and be a place where everyone will feel safe and respected.

10. After everyone has agreed, everyone (staff and cadets) will sign the village.

Unofficial convenience copy of A-CR-CCP-703/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-703-PF-001/A-CR-CCP-703-PF-001.pdf.
Verify against the official publication.

Full Value Contract: The Five-Finger Contract

Each finger will represent a value that will help the group members feel secure, respected, and part of the group.

The five fingers on the hand represent the following:

- the little finger = safety,
- the ring finger = commitment,
- the middle finger = respect of others,
- the index finger = taking responsibilities, and
- the thumb = agreement to work toward the group's goals.

1. On a piece of cardboard or flip chart paper, write the representations of the fingers. Discuss the elements with the group so that all cadets have a clear understanding. Each cadet must agree that these five elements are important for group members to feel secure, respected, and part of the group.

2. Have each cadet draw his/her hand on a sheet of paper and write inside each finger the element associated with each.

3. Have each cadet sign their hand and glue it on bristol board or flip chart paper. The set of the group's hands represents everyone's commitment to each other.



Director Cadets 3, 2007, Ottawa ON: Department of National Defence

Figure A-2 The Five Finger Contract

Unofficial convenience copy of A-CR-CCP-703/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-703-PF-001/A-CR-CCP-703-PF-001.pdf.
Verify against the official publication.

Full Value Contract: The Being

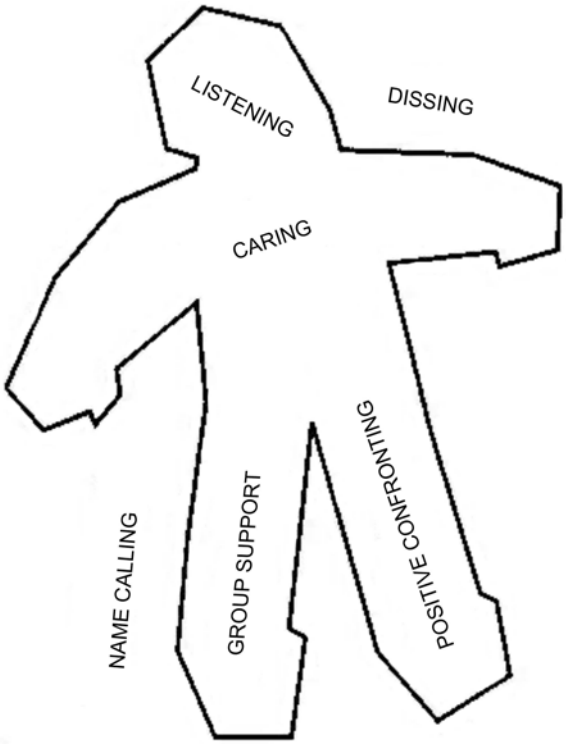
1. Draw the outline of a body on two pieces of flip chart paper, taped together.

2. Inside the outline, have the cadets draw or write the behaviours, qualities or values that will make the environment safe and a place where everyone is respected.

3. Outside the outline, have the cadets draw or write the behaviours, qualities or values that will prevent the environment from being safe and a place where everyone is respected.

4. Cadets must agree on the meaning of each word and explain their choices.

5. Have all cadets sign the being.



M. Henton, Adventure in the Classroom: Using Adventure to Strengthen Learning and Build a Community of Life-Long Learners, Kendall Hunt Publishing. (p. 74)

Figure A-3 The Being

Unofficial convenience copy of A-CR-CCP-703/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-703-PF-001/A-CR-CCP-703-PF-001.pdf.
Verify against the official publication.

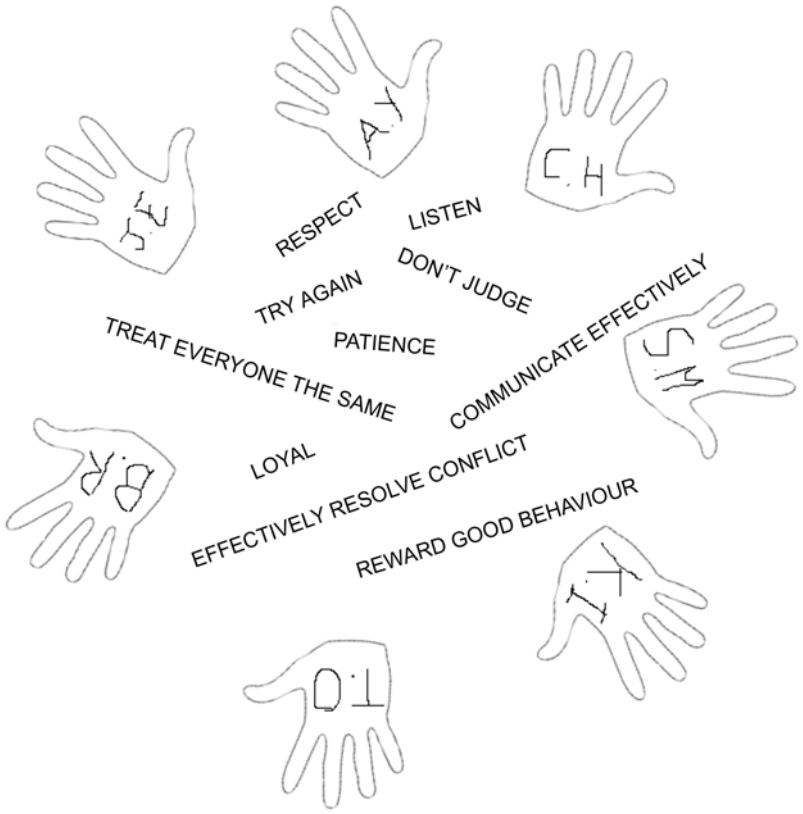
Full Value Contract: The Chain of Hands

1. Have the cadets write a list of words and sentences that describe how they would like to be treated and how they will treat the other group members in order to feel safe and respected.

2. From this list, have the cadets select the 10 most important for the group.

3. On a sheet of flip chart paper (two may be required), have the cadets draw their hands around the sheet. Write the 10 selected words or sentences in the middle of the sheet.

4. Have the cadets sign his or her own hand.



Director Cadets 3, 2007, Ottawa ON: Department of National Defence

Figure A-4 The Chain of Hands

Unofficial convenience copy of A-CR-CCP-703/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-703-PF-001/A-CR-CCP-703-PF-001.pdf.
Verify against the official publication.

Full Value Contract: What do I need? What can I give?

1. Give two pieces of different coloured paper to each cadet.

2. Ask the cadets to think about what they need in order to feel secure and respected in the group.

3. Have the cadets write the most important item they need on one of the pieces of paper.

4. Have the cadets think about what they could provide to the group in order to have other team members feel safe and respected in the group.

5. On the remaining piece of paper, have the cadets write the most important item.

6. When done writing on both pieces of paper, have the cadets present what they wrote to the group.

7. Once everyone has explained what they need and what they can provide, glue those pieces of papers on cardboard or flip chart paper, making sure that both categories are spilt up.

8. Ask the cadets if they need more explanations and then have everyone sign.

Unofficial convenience copy of A-CR-CCP-703/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-703-PF-001/A-CR-CCP-703-PF-001.pdf.
Verify against the official publication.