

Human Knot

Supplies Needed: None

Number of People: Any size group but break into smaller groups of 8-12 people if you have a large group

Directions:

- Divide your group into smaller group of 8 to 12 (this activity works best if you have an even number of participants).
- Players should arrange themselves standing in a circle, as close together as possible, one shoulder facing toward the center of the circle and one should facing out.
- Each person raises their right hand and reaches over and grabs hold of the hand of one other person.
- With the left hand, reach LOW into the center of the group and grab hold of the hand of a different person.
- Each person should now be holding hands with two different people.
- Without breaking your hold see if your group can unravel yourself from this seemingly impossible "knot."

Rules:

- You may not release hands.
- Palms may pivot on one another, and grips may change, but contact may not be lost.

Debriefing Questions:

- What worked well and what did not?
- How did your actions affect others?
- What was the most important leadership aspect that helped unknot your group?
- Did anyone take a leadership role? How did that work out?
- What happened when we added more soft objects into the group?
- What could we have done differently to ensure no objects were dropped?
- How does this activity relate back to our group?