



The Human Knot

Equipment Required: None

Space Required: Small. Indoors or outdoors.

Group Size: 8 to 12 ideally.

Skills: Leadership and Teamwork

Brief Overview: The group forms a circle. Each participant holds hands with two separate people on the other side of the circle. Then they must try to untangle themselves. If the chain of hands is broken they must start over.

Instructions: Get the group to form a circle. Tell them to put their right hand up in the air, and then grab the hand of someone across the circle from them. Then repeat this with the left hand, ensuring they grab a different person's hand. Check to make sure that everyone is holding the hands of two different people and they are not holding hands with someone on either side of them. They must now try to untangle themselves to form a circle without breaking the chain of hands. Allocate a specific time to complete this challenge (generally ten to twenty minutes). Get participants to take their time in order to limit injuries. Ask the group not to tug or pull on each other and spot participants as they pass over other participants. Monitor throughout the challenge and stop them if you need to. If the chain of hands is broken at any point, they must then start over again.

Discussion points:

- 1) What was the most difficult part of this challenge?
- 2) Why were you successful or not successful?
- 3) Describe the teamwork that was necessary to make this happen?
- 4) What do you feel you took away from this task?