

## Title of the activity : Human Knot

**For who :** 8+

**Duration :** 20 - 30 minutes

**Number of players :** 8 to 12 ideally. You must have at least 4 participants to play.

**Place :** Outside/Inside

**Characteristic :** helps a group learn about how to work together, can also focus on group understanding of communication, leadership, problem solving, teamwork, trust, persistence, etc.

**Type of game :** Teambuilding Activity

**Educational interest :**

- Leadership
- Cooperation
- Time management

**Materials :**

- None

**Goal :** Starting in a circle, participants connect hands with two others people in the group to form the human knot. As a team they must then try to unravel the “human knot” by untangling themselves without breaking the chain of hands.

### Human Knot Team Building Instructions

1. Get the group to form a circle.
2. Tell them to put their right hand up in the air, and then grab the hand of someone across the circle from them.
3. Then repeat this with the left hand, ensuring they grab a different persons hand.
4. Check to make sure that everyone is holding the hands of two different people and they are not holding hands with someone either side of them.
5. That 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)
6. 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.
7. If the chain of hands is broken at any point, they must then start over again.

**Link or picture :**

