

**Lesson:**  
**Human Knot**

**Materials:**

- **Excited Participants**

**Length of lesson:**  
**15 Minutes**

**Discussion Summary:**

This is a fun, physical and visual way for students to see that we are all connected and practice various communication and problem solving skills.

**Discussion Questions:**

- **In what ways are we all connected?**
- **What does it mean to work as a team?**

**1.** Clear a space so there is enough room for groups of 10 to stand comfortably in a circle.

**2.** Have participants stand shoulder to shoulder facing each other in the circle.

**3.** Explain that this game is about working together and seeing how we can communicate to untangle ourselves. Remind participants they will try to untangle themselves without letting go of their hands.

**4.** Direct participants to reach across the circle with one hand and shake hands with another participant. If this is used as an ice breaker, have participants introduce themselves and then continue holding hands.

**5.** Now direct participants to reach their other hand across and hold hands with someone else.

**6.** Explain that you'd like them to untangle themselves, without letting go of hands, into a circle.

**7.** Have group work for 10 minutes.

**8.** Remind students that by making small adjustments with their hands, arms, legs, feet, and whole bodies, as well as by maintaining a positive attitude (ex: "we can untangle ourselves"), they can make a big difference for their team.

**9.** If there is too much of a struggle, offer the group one unclasp and re-clasp of hands. The group must discuss and decide which unclasp and re-clasp would be most useful.

**10.** If a group untangles into a circle quickly, have them try the exercise again. It is okay if some group members are facing backwards when the circle is finished.

**11.** Congratulate a group when it untangles itself, though it is unnecessary to make this into a race or competition since the process of untangling is the focus of this exercise.

