Human Knot

**GOAL:** Reinforce the importance of teamwork and communication

**NUMBERS:** Divide teams into groups of about 10 or so.

**EQUIPMENT:** None

**SPACE:** Small area

**GAME PLAN:**

Each group starts by making a large circle. Have everyone put their left hand in the middle and hold hands with someone not right next to them in the circle. Repeat this with the right hand with a different person. Then the group must attempt to untangle itself without releasing hands.

**WRAP UP:**

What did the team have to do to accomplish the goal?

What was the most difficult part of this activity?

How can this activity apply to what we have to do as a team to be successful?