



**Human Knot** 

## **Description**

# **Description**

Students work together to untangle themselves in this fun team building activity.

# **Supplies**

None

# **How to Play**

- 1. Put students into groups of 8 to 12.
- 2. Have each group stand in a circle.
- 3. Instruct students to reach their right hand across the circle and grab someone else's right hand.
- 4. Instruct students to reach their left hand across the circle and grab someone else's left hand.
- 5. The goal is for each group to untangle themselves without letting go of others hands.

# **Activity Prompts for Reflection**

- How were you a good team player during this activity?
- What kind words did you use during this activity?
- What strengths do you have that you were able to use in this activity?
- How did your team work together during this activity?

# Other Ways to Play

• Make this a competition, and see what group of students untangles themselves first.



• If working with a large group of students, regroup them each time so that students get practice working with different people each time.

# **Additional Notes**

• Use the SEL Activity Prompts to tie other SEL competencies to this activity.

## Category

1. Activities

### **Sel-competency**

1. Relationship Skills

#### Allotted-time

1. 15 minutes

### **Themes**

1. No Supplies Needed