



## Twizzler Tie Up

### Description

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Groups work together during this competitive tie-up activity.

### Supplies

- Twizzlers

### How to Play

1. Split the group into equal teams of 3-5 students.
2. Give each team ten Twizzlers.
3. Tell the students that the goal of this activity is to make a Twizzlers knot.
4. Explain that students can only use one hand during this activity. Have students choose one hand and sit on the other hand.
5. Tell them that the goal is to use all ten Twizzlers in the knot and to work together with their teammates. Let them know that another team will be trying to untangle their Twizzlers knot so each team should try to make as many knots as possible.
6. Give them a time limit and announce when they can start.
7. After all teams have created a knot, have them pass their Twizzlers knot to the team to the right of them.
8. Once every team has another Twizzler knot, let them know that it is now time to untangle the knot. Give them a time limit and tell them that they will get points for how many whole, unbroken, Twizzlers they are able to untangle.
9. Remind them that they can only use one hand to untie.
10. Once the time is up, count each team's untangled whole Twizzlers and announce a winning team.

## Activity Prompts for Reflection

- What are some things you did to make sure everyone was included on your team?
- How did you support your teammates during this activity?
- What kind words did you use during this activity?
- What did your team do to make sure you were working together?
- Is there anything you wish your team would do differently if we played this game again?

## Other Ways to Play

- Have students walk around and show the other teams their tangled Twizzlers so that all teams can see the different unique creations.
- To make this game more challenging put a blindfold on the students and allow them to use both their hands.

## Additional Notes

- Use the [SEL Activity Prompts](#) to tie other SEL competencies to this activity.

### Category

1. Activities
2. Relationship Skills

### Sel-competency

1. Relationship Skills

### Allotted-time

1. 30 minutes

### Themes

1. Food