

## Human Knot

Purposes of activity:

1. To reinforce the value of teamwork
2. To reinforce the idea of each person being unique

Materials Needed:

- An even number of participants

Instructions:

1. Have the group form a circle.
2. Tell participants to grab the right hand of someone in the circle, using their own right hand to do so. The person whose hand they take should not be someone standing next to them.
3. Then, using their left hands they should take the left hand of another person while still holding the right hand of the first person.
4. Tell the group to untangle the human knot they have made. They need to do it without letting go of anyone's hands. When they're done, the group should be back to the same simple circle they started in.

Suggested Group Discussion:

1. Could you have untied that Human Knot very easily if everyone wasn't cooperating?
2. Did teamwork make a difference? How?
3. Did it make a difference that everyone wasn't the same height? Or that everyone's arms weren't really long?
4. To untie the knot, did you have to consider the uniqueness of the other team members? [Help participants see how they accommodated each person's height, size, etc. in each twist they made to unravel the knot. Use this discussion to reinforce the concepts associated with unique and diversity.]

Adapted from Nebraska Lutheran Outdoor Ministries Co-op Adventure Manual, 1999.