



Human Knot

- Set-Up:** Step 1 - 8 to 12 (this activity works best if you have an even number of participants. For large groups, divide the participants into groups of 8 to 12) players arrange themselves standing in a circle, as close together as possible, one shoulder facing toward the center of the circle and one shoulder facing out.
Step 2 - Each person raises their right hand.
Step 3 - Each person reaches over and grabs hold of the hand of one other person. (If there is an odd number in the group, one person will be left out. He/she will "connect up" during the next move.)
Step 4 - With the left hand, reach LOW into the center of the group and grab hold of the hand of a different person. IN other words, you should now be holding hands with two different people. (Again, if there is an odd member in the group, a second person will be unconnected. That person now reaches up to grab the hand of the person not connected in step 3).
- Objective:** Without breaking your hold see if your group can unravel yourself from this seemingly impossible "knot." Some may end up in one circle, some in two circles, some as two interlocking circles.
- Rules:**
- You may not release hands.
 - Palms may pivot on one another, and grips may change, but contact may not be lost.
- Safety:**
- Ask the group not to tug or pull on each other.
 - Spot participants as they pass over other participants.
- Variation:** If the group is having difficulty, and you are losing them, have them perform a "surgery." This is accomplished by having the group decide on one set of hands breaking and rejoining any place they would like. Remember, the group may not move until they are reconnected.
- Processing:**
- How your actions affect others.
 - The importance of collaborating together to achieve a goal.
 - Leadership roles within the knot.

Reference: Fark, J. (1994) Human knot. Team challenge: Introduction to low initiatives training. (Available from Ohio State University Leadership Center, 109 Agricultural Administration Building, 2120 Fyffe Road, Columbus, OH 43210)