



Human Knot

Description

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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