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Activity

Human Knot

Aim: To untangle a 'human knot'.

- Stand the group in a tight circle, with everyone facing the same way.
- Everyone puts their inner hand in the middle and takes hold of any other hand (or wrist).
- Now place the outer hand in the middle and take hold of a different hand/wrist.
- Release two of the hands – these people become the end of the chain.
- Then without breaking the chain, try to untie the knot and stand in a straight line.

Inside Out

Aim: Turn a human circle inside out.

- The group stands in a circle inwards. Holding hands (or wrists) they have to turn the circle inside out so that they all have their backs to each other.
- Do not let go and break the circle.

Review & Evaluation

- Did anyone take charge and give instructions?
- If so, how did other group members feel about this?
- Did the whole group discuss a solution first of all?

Equipment

None.

Safety Points

- No pushing and shoving!
- Be prepared to change grip if painful.
- Be very careful with each other's wrists and arms. If it hurts, let go and change your grip...but you are not allowed to shift positions while doing this!

Organisation

- Encourage the group to talk to each other before hand.
- Remind the group that everyone must work together.
- If the group are unwilling to hold hands try holding each other's wrists instead, or hold pieces of cloth.

Skills & Knowledge

- Propose practical ways forward.
- Understand how actions impact on others.
- Provide constructive support and feedback.
- Help the group arrive at a team decision.
- Can work positively towards a goal.
- Evaluate experience and apply lessons learned.

Differentiation & Progression

- No talking.
- Every other person wears a blindfold.

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