







Human Knot

Materials needed: People!!

Instructions:

All the participants stand in a circle, each putting in first their left hand, and grasping someone else's left hand. Repeat the same thing with right hand, making sure that they are holding two different people's hands. Challenge them to undo themselves into a circle without letting go of hands.

Discussion:

-  What made this activity difficult?
-  How did you get yourselves untangled?
-  Who was needed to undo the knot?
-  How does this relate to families?