

CONNECT

THE HUMAN KNOT

Equipment None

Time 10 – 15 mins

Participants Minimum 6 (better played with an even amount of people)

How To Play

This game can also be played by using strings that get passed to every person to make a 'web'. Same rules. Have to 'unknot' themselves while holding onto the string.

1. Ask the group to form a circle, all facing one another.
2. Get each person to hold hands with someone else using their 'right' hand.
3. Then get them to hold a different person's left hand with their left hand.
4. Each person should now all be holding 2 different people's hands and be 'knotted' together with the rest of the group.
5. As a team, they must find their way back to the original circle, without letting go of other people's hands.
6. The game is finished when everyone is 'unknotted', in a circle facing the same way they started.

Facilitator Tips

Throughout the game you will start to feel who will take the natural lead. Give enough pointers to encourage teamwork, while giving space and time for them to figure it out by themselves.

After each attempt ask the group how they felt and how they could improve working as a team. Are they using each other names? Are they communicating clearly? What's the tone of the game like? (Note – this game won't always work first time)

Talk about forming connections with people can help us feel confidence and safe in new environments. Having trust and a shared goal with people can help us feel more connected to our community and each other.

Staying in touch with loved ones can make us feel happier and more secure; and often just having a chat can help us lift our mood.