



## Cholla High Magnet School Ice-Breaker Human Knots

**Duration:**

20 minutes

**Materials:**

Space for the group to move around

**Focus:**

Students will learn to work cooperatively.

**Activity:** Human Knots

1. Divide the group into teams of 9 to 12 students.
2. Have each person join right hands with another person in the group, but it has to be someone who is NOT standing immediately to the left or right.
3. Do the same with the left hand.
4. When the group is ready, each person should be holding hands with two people who are not standing to their immediate right or left.
5. Now have groups untangle themselves without letting go of their hands. They may loosen their grips a little to allow for twisting and turning, but they cannot let go completely. They may have to step over or under other people.
6. The first group to untangle their knot is the winner.

**Solutions:**

- One large circle with people facing either direction
- Two interlocking circles
- A figure eight
- A circle within a circle

**Closure:**

Teams can do this more than once, trying to come up with a different solution each time.