



# HUMAN KNOT CHALLENGE

## *Purpose & Focus*

This activity focuses on teamwork, strategy, adapting plans, and communication.

## *Participants*

Any number of participants.

## *Time Allotment*

5 – 15 Minutes

## *Activity Level*

Moderate

## *Materials*

No materials required

## *Preparations*

- Ask the participants to stand in a circle and put their hands in the middle. Each participant should grab the hands of two different people, neither of whom are standing next to them.
- To ensure it will work, have one participant squeeze their right hand and then the person who is squeezed will squeeze their right hand and so on. The chain squeeze should reach every hand before getting back to the person that started. If that works then you are good to go! If it does not, have everyone try again and switch hands.
- Once you know your chain squeeze worked, the fun begins!

## *Method*

Ask the participants to untangle themselves.

## *Discussion*

- Which strategies worked?
- Which strategies didn't work?
- How did you have to coordinate your movements as a team to successfully turn the carpet over?
- How did your team evaluate decisions and adapt plans?