



## Human Knot

*This game invades people's personal space to break down barriers.*

Materials Needed: None.

### Benefits

- People get into each other's personal space; move out of their comfort zones.

### Set Up

- Get the participants into groups of 8 to 10.
- Ask them to make a bundle...not a circle. Get them together...almost like a group hug.

### Process

- Ask each person to raise his or her left hand.
- Now ask them to take the hand of someone the furthest away from them on the other side of the bundle.
- The hands must be in pairs. They are not allowed to have three hands together. If it is an uneven group, one person will be without a hand. Don't worry; it will work out in the end.
- Ask them to slowly lower their hands, **WITHOUT LETTING GO OF THE OTHER PERSON'S HAND.**
- Ask them to raise their right hands, while holding on with their left hands.
- Now you ask them to take **SOMEBODY ELSE'S** right hand with their own right hand. This is important; otherwise, the activity will not work.
- If they are an uneven number and they all took somebody else's right hand, there should be two people in the bundle who has one hand free.
- If they are an even number, undo on pair of hands. Remember not to undo the other hands...only one link.
- What you are left with, is a group of people that are tangled up terribly.
- Their challenge is now to undo themselves, so they form a straight line. This all needs to happen without ever letting go of the hands.
- The result is people climbing over, under, and ever through one another's arms.

End