

Human Knot

Equipment:

Blindfolds for an adaptation.

Description:

Get the children to stand in a circle with their hands by your sides. Then, have everyone grab someone else's hand in each of theirs, and make sure no one grabs their neighbour's hand. Double check that no one is holding the same person's hands twice. Once you've done this, you should have a giant knot. Take turns moving and bending until the knot untangles, and don't let go of each others' hands!

Set Up:

The important thing to consider here is that nobody holds the hand of the person next to them nor is anyone holding two hands belonging to the same person.



Rules:

Children must not let go of each other's hands as they try to untangle themselves.

Adaptation:

Get one of the children to stand outside the knot and direct the others how to untangle themselves. Blindfold some of the participants so others have to guide them.

Discussion:

How many of you were giving instructions at the same time?
Did you stop and think about the problem before trying to untangle yourselves?
What did you do if somebody was struggling? How did you help that person?