

# Human knot

Icebreaker, problem-solving, team building

source: [ank.ee](http://ank.ee) "Mentor's Lab. Edition 2"



5-20 minutes



10-30 people

## Topic

To make participants work together in order to find a solution for a problem. To raise the level of energy and create the space for bonding in the group.

## Objectives

- Reflect on and be aware of their talents and strengths.
- Discuss their talents and strengths.

## Steps

1. Participants stand in a circle shoulder to shoulder. Make sure they are comfortable enough with the physical closeness first. With large groups especially, you may find you need to break into groups to play the Human Knot game effectively. If this is the case for your group, you can add a competitive challenge by having both teams try to unravel faster than the other.
2. Then they are asked to close their eyes, slowly move towards the center of the circle and find a hand across that circle. Eventually every hand should have a pair.
3. When everyone is paired they can open their eyes and see the situation. The main task of this activity is to try to untie the human knot without letting go of any hands and everyone should end up standing in a circle connected by hands like in the beginning.

Jammin  
Board



ARTS



NFE



INCLUSION

## Debriefing

- What did you find challenging about this activity?
- How well did you think the group worked together?
- What could have been done differently?
- Did anyone emerge as the "leader"?
- How did leadership roles shift as the activity progressed?
- What skills did this activity develop?