**Team Building Activities**

**Human Knot**

Work together to untangle the ‘human knot’. This game takes **time** and lots of **communication**, but remember don’t let go!

**Step 1:** Stand in a circle and reach out using your right hand to hold somebody else’s hand, make sure this isn’t with the person next to you.

**Step 2:** Take your left hand and do the same but with somebody else in the circle.

**Step 3:** You have now created a human knot, look at where each hand is joined and discuss how you can work together to untangle the knots.

**Step 4:** Work together as a team to untangle the knots so all participants hands are joined in a circle (some people may be facing inwards or outwards, this is ok as long as the circle is joined). Remember this might seem impossible at the time but don’t let go.

**How to make it harder?**

Only one person talk.

Add a timer.

Try with some team members blindfolded/eyes closed.

