



Human Knot

Equipment None

Play

Ask the group (min 4) to face one another in a tight circle.

Each person holds out his/her right hand and grasps the right hand of someone else, as if they were shaking hands.

Next each person extends his/her left hand and grasps the hand of someone else, so that each person is holding two different hands.

This hand-in-hand configuration should come out equal.

The objective is to try to unwind themselves from their tangled situation so that, a hand-in-hand circle is formed.

The physical hand-to-hand contact cannot be broken, however in order to facilitate an unwinding movement, palms may pivot on one another, but skin contact may not be lost.

If the group has been struggling with a “knot” for longer than your session has time, offer an honorable out called Knot First Aid. Indicate that actual hands and arms knots do sometimes materialize in this jumble of anatomical parts and that it may become necessary to effect a cure by deciding, amongst the group, which grip needs knot first aid; i.e., which pair of hands should be separated and regrip.