

The Human Knot

Part I

- » Divide class into groups of 5 to 8 students—for the first round let them pick their own groups to see how the dynamic is between students then pick new groups to mix up the students, getting them out of their comfort zone a bit and working with someone new.
- » Have them stand in a circle shoulder to shoulder then raise hands above head and cross arms.
- » Reach into middle of circle and grab two different people's hands but not the hand of student next to you (remind everyone to be gentle with one another).
- » Once everyone has a hand, it is time to unwind the knot—students have to remain in contact with the hand they have grabbed for the duration (rotating palms is okay but not disconnecting hands).
- » Remind students to work together and take care of one another. Depending on the age, students tend to want to rush through but the slower they go, the safer for everyone.

Part II

- » Repeat above steps with the same groups, only this time there is no talking—remind the students that this does not mean that they can't communicate with one another they just can't do so using the traditional standards of speech.
- » Once they are done, check in to see how ***Part I*** and ***Part II*** differed—allowing students an opportunity to self-critique by sharing what worked and what didn't work.

Part III

- » The same steps as ***Part I*** only this time in addition to no talking there is no looking. [Note: It is important to make sure that there is plenty of space and that the facilitator is there to keep the students safe.]
- » Students shut their eyes only after they have grabbed hands—remind them to go slow and help each other out. [Note: By this time they are familiar with the game and what needs to be done to unwind the knot.]
- » Once again, take time to review and critique how ***Part III*** differed from ***Part I*** and ***Part II***.