

# Human Knot Game

Got some quiet kids on your hands? Try out this human knot game for a great ice breaker. It's a great way to boost cooperation and team-building skills as kids work together to untangle a group knot. Even better, this group activity is lots of fun, and sure to bring a pile of laughs along the way.

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## What You Need:

- 10 or more kids

## What You Do:

1. Have all 10 kids stand in a circle, facing inward.
2. Tell everyone to reach their right arm towards the center and grab someone else's hand. Make sure no one grabs the hand of the person right next to them.
3. Next, have everyone reach their left arm in and grab someone else's hand. Again, make sure it's not the person right next to them.
4. Now, the fun begins! The kids need to work together to untangle the human knot without letting go of any hands. The goal is to end up in a perfect circle again. They can go over or under each other's arms, or through legs if needed! Encourage them to do whatever they want, as long as they don't break the chain in the process.

For some extra fun, turn on a timer and see how long it takes them to get untangled! How quickly can they do it?