

Published on *FCA Resources* (<http://fcaresources.com>)

[Home](#) > Human Knot

Human Knot

Divide your group into circles of 10-12 people, each facing inward. Everyone then reaches across with one arm and grabs someone else's hand, interweaving hands and arm in a random fashion. Do the same for the other hand. Next comes the challenge. Try to get everyone back into a perfect circle while still holding hands. Letting go is not an option. It takes communication, cooperation and a sense of humor. You will need to go through, under, over, etc. people's arms until you are successful.



Fellowship of Christian Athletes © 2017
8701 Leeds Road | Kansas City, MO 64129 | 800.289.0909
Comments or Questions, fca@fca.org
[Privacy Policy](#) | [Report a Problem](#) | [Copyright](#)

Source URL: <http://fcaresources.com/icebreaker/human-knot>