

## **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.



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