

## **Human Knot**

The group starts out in one or two tight circles. Everyone in the group reaches across the circle with their right hand to grab another group member's right hand (do not grab hands with the person next to you). The group then reaches in with their left hand to grab a different group member's left hand. The object is to untangle the group without letting go of hands until a circle is formed. If the group is having extreme difficulty, you can administer "knot first-aid" and break one set of tangled hands (with group consensus), otherwise group members may not let go at any time. You may have to decide as a group that the knot is not solvable, after prolonged attempt. Note: Can have group do without talking if they are advance enough.



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