

Module 9 v Activity 29 v COOPERATION

Activity: Knot Now

Materials Needed: None

Directions:

1. Request that participants form teams of eight to ten members reach. Explain that each team's challenge will be to create a tangled knot of hands and then to untangle the knot.
2. Separate each team in a different location or section of the training area and have the members of each group form a circle.
3. After each team forms a circle, each team player should reach across with his or her right hand and hold someone else's right hand. Next, each member reaches across with the left hand and find someone else to hold his or her left hand. A tangled knot is formed.
4. Once each team forms a tangled knot, the facilitator should create one break in the knot of each group; the two people at the break will let go of their hands at the break, but will continue holding with their other hands. Then the two "loose ends," now the team leaders, will attempt to form the circled maze of hands into a straight line. Everyone in the team other than the two leaders must remain intact.

Variations:

- ◆ Team members form a circle, place their hands in the center, and take hold of the hands of two people other than those immediately next to them. The group then works together in an attempt to untie the knot without releasing handholds.
- ◆ Two players stay separate from the group, with their backs turned. The rest of the participants hold hands in a circle and twist themselves over and under and through one another without dropping hands. The two extra players then try to untangle the group.

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Follow-Up Discussion:

- ◆ How did the players who were designated as leaders to untangle the group feel about the game?
- ◆ What process was used to untangle the group?
- ◆ Was this process effective?
- ◆ How well were directions communicated within the team?