

# Human Knot

*The objective is to untangle a small circle of people and form a large circle without losing contact with hands.*

## Directions

1. Face inward and form a tight circle. Place your right hand inside the circle to join with another person's right hand - shake hands and introduce yourself!
2. Place your left hand inside the circle and join with a person other than the one whose right hand you are holding.
3. The group has to untangle itself without losing contact between hands. This can be done by going over or under arms. Hands must remain in contact, but they can be pivoted.
4. I will be the "spotter." When you are going to step over arms, let me know so I can be sure that no one falls.

## *Safety Hints for Spotter:*

- \* when participants step over arms, steady the person stepping and caution them to move slowly
- \* pay close attention to moves being made by participant to prevent wrists, elbows, and shoulders from being twisted
- \* encourage participants to anticipate how one move affects subsequent moves
- \* if the group is having problems, to determine if one large circle can be formed, designate one person to squeeze the right hand of the person whose hand is being held. They in turn, should squeeze the left hand of the person whose hand they are holding, etc. When the left hand of the person starting is squeezed, one large circle can be formed if all hands have been squeezed (sometimes the circle is a figure eight and on rare occasions, two interlocking circles).