

Fit Kids Healthy Kids – My Clipboard

Lesson 1 Human Knot

Game Description:

A co-operative teamwork activity. No equipment needed, just grab hand with someone in the circle (not someone next to you) and try to undo the knot. This activity works great as an ice-breaker for new groups!

Objective:

Untie the knot without breaking apart.

Game Rules:

Have everyone get into a tight circle (standing up). Have the children put their arms into the circle and grab hands with 2 different people across the circle (the people cannot be next to you). Have the children try to untangle themselves without letting go of hands.

AGE:

7 to 9 years
10 to 12 years
13 to 15 years
16 to 17 years

TYPE OF ACTIVITY:

Co-operative / Team
Building / Ice Breaker

SPACE NEEDED:

Large Space (Gym,
Multipurpose Room,
Playroom)
Medium Space (Classroom,
Empty Room)
Small Space (Hall,
Furnished Room)
Field / Park

HOW MANY LEADERS ARE NEEDED:

Only 1

HOW BIG OF A GROUP IS NEEDED:

Small group (3-5 kids)
Medium group (6 - 15 kids)
Large group (16+ kids)

TYPES OF SKILLS PRACTICED:

Balance
Coordination