

HUMAN KNOT

Reflection Questions

1. What strategies helped your group untangle the knot?
2. How does this activity show the importance of communication and teamwork?
3. What can this teach us about working through challenges?

Rationale for College Freshman

Starting college can feel messy and confusing, like being stuck in a knot. The Human Knot game shows that with communication, patience, and teamwork, challenges become manageable. Just like in college, asking for help and working together makes it easier to “untangle” problems and move forward.