INSTRUCTIONAL STRATEGIES



Human Knot

The Human Knot is a fun, interactive activity that encourages teamwork, communication, and problem-solving through collaboration.

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HUMAN KNOT

Summary

The Human Knot is a simple yet powerful activity. By physically working together to untangle themselves, participants experience firsthand the challenges and rewards of collaboration. It encourages patience, adaptability, and creative thinking while reinforcing the value of listening to others and working toward a common goal. This makes it an engaging choice for classrooms, orientation groups, or team-building workshops.

Procedure

1. **Form a Circle.** Have everyone stand shoulder to shoulder in a circle.
2. **Grab a Hand.** Each person reaches across the circle with their right hand and grabs someone else's hand. Repeat with the left hand, making sure it's a different person.
3. **Untangle.** Without letting go, the group works together to untangle themselves into a circle (or multiple smaller circles). Talking and teamwork are encouraged.
4. **Finish**. The game ends when everyone is standing in one or more circles with no arms crossed.

   Video: How to Play the Human Knot Game

Otten, Herman. (2020). 101 Team building exercises to improve communication. Self-published. https://www.amazon.com/dp/B08CMYCDJY?tag=usalinktagdefault-20&geniuslink=true#detail Perplexity. (2025). Retrieved October 10, 2025, from https://www.perplexity.ai. Team Building Games. (2023, March 4). How to Play the Human