

4-6 Grade Activity Guide

Human Knot

This is a fun game to kick off the new series to show an example of gathering together and being surrounded by others.

Activity Objective

Untangle your human knot without letting go of your partners' hands.

You'll Need

- No materials needed

Instructions

1. Family members stand shoulder to shoulder in a circle.
2. Everyone puts their RIGHT hands into the middle of the group.
3. Members hold right hands with someone in the group who is NOT standing directly next to them.
4. Everyone puts their LEFT hands into the middle of the group.
5. Members hold left hands with someone DIFFERENT who is also NOT standing next to them.

Note: Everyone should now be holding hands with two different people.

6. Family members untangle themselves without letting go of anyone's hands, until they're standing in an open circle again.
7. If time allows, play again!