

## LEND A HAND

# Solve

## a knotty problem

**Materials:** Worksheet copies

**Directions:** Read the worksheet, complete the activity and discuss as a group.

Have you ever been on a winning team?

What skills made it a winning team?

### Successful teams understand the spirit of cooperation and power of communication.

Effective teams support and depend on one another and solve challenges together.

Today, we're going to learn how to cooperate while problem-solving. We'll see if we can untangle a human knot!

#### ACTIVITY INSTRUCTIONS

- 1 Divide into two teams and form two circles. (If fewer than eight youths, form a single circle.)
- 2 Reach out your right hand towards the center of the circle and take someone's right hand. Don't take the hand of the person beside you.
- 3 Next, reach out your left hand and take a different person's left hand. Again, don't take the hand of the person beside you.
- 4 While communicating and working together, try to untangle the human knot *without letting go* of the two hands you're holding. The goal is to return to your original circle with no hands in the center. Attempt as many options as possible – twisting, bending, ducking and other movements – without breaking the human knot.
- 5 Let's discuss how this activity brought us closer together. How did the team cooperate? What communication skills did you need to untangle the knot?

