



Energiser **Group knot!**

- Individual
- Pairs
- Small group
- Whole group

Uses: This is a group problem solving activity.

Resources: None.

Time: 10-15 minutes.

What to do:

1. The group starts out in one or two tight circles.
2. Everyone in the group reaches across the circle with their right hand to grab another group member's right hand.
3. The group then reaches in with their left hand to grab a different group member's left hand.
4. The object is to untangle the group without letting go of hands until a circle is formed. If the group is having extreme difficulty, you can help by breaking one set of tangled hands (with group consensus), otherwise group members may not let go at any time.
5. You may have to decide as a group that the knot is not solvable, after a prolonged attempt.

Make it different:

- To up the challenge for a group that has found it easy first time round, get them to do it again without talking.

Points to make:

- Explore through discussion how the team solved the problem or when/how they decided to give up.
- Explore the notion of giving up.