



RecipeCards

A Project of the Jeffco Student Health Advisory Council

HUMAN KNOT

*An activity to allow students to work together
with a fun activity.*

Time
5 Minutes

Group Size
10-30 Students

Materials
None

INSTRUCTIONS

1. Tell students to form a very tight circle.
2. Instruct them to put their hands in the center of the circle and take someone else's hand.
3. Once everyone is holding hands, tell students to completely undo the "knot" without letting go of each other.
4. Students will have to climb over each other, duck under each other, and move about the "knot" until the knot is "undone" and every student is in between the two people they are holding hands with.
5. Talk to students about teamwork and the benefits of working together.

DISCUSSION QUESTIONS

- None