

Games

People Knot

EQUIPMENT: None

SITUATION: open area

TIME: 10 minutes

DIRECTIONS:

1. Divide group into teams of 10 or more (even numbers – add an adult if necessary).
2. With the team standing in a bunch, have each put out her left hand, grasping that of someone else's, then doing the same with the right, making sure that they are holding two different people's hands.
3. When all teams are in a Knot, challenge them to undo themselves into a circle.
4. They cannot release hands, but need to step over, duck under or whatever until they are unknotted.
5. First team unknotted wins.