

# HUMAN KNOT

## WHAT TO SAY

Sometimes the size of a group or who is in a group change the way we communicate. In groups, some people become more loud and aggressive, while others become more passive and quiet.

In teams, it's important to be clear, to check for understanding, to be patient when people don't understand us and to try again to make ourselves clear and heard.

It's also important to offer positive and constructive feedback. Positive feedback is not just about what you say; be aware of your nonverbals and tone! Constructive feedback is best offered in combination with positive feedback (like a compliment sandwich!), and without sarcasm, criticism, or insults.

## WHAT TO DO

The goal is to untangle the human knot without letting go of hands.

Stand in a circle, shoulder to shoulder with everyone facing in

Everyone starts by putting their left hand in the circle and taking the hand of someone standing across from them. Then do the same with their right hands.

Make sure that no one is holding hands with someone standing next to them, or holding both hands of the same person.

If anyone lets go, the game starts over (or another consequence is used)

This game typically takes 15-30 minutes to complete.

## WHAT TO ASK

How well did your group work together?

What strategies did you use?

Who emerged as a leader? How did you decide?

How did you make your voice heard within your group?