Materials:

You need to have enough space to be in a full circle

Objective:

Increase problem solving, critical thinking skills, and communication within a group.

Instructions:

• Begin by having the group stand in a close circle.
• Start by having everyone raise their right hands and grab someone’s hand across from them.
• Next with their left hands they should reach low and grab someone’s left hand across from them.
• Instruct the group to untangle themselves without letting go of anyone’s hand. They should have one big circle instead of a knot