Human Knot
Team Building Exercise #25

Objective: Team work & Communication..

Steps:

• Have everyone stand in a circle facing each other
• Instruct everyone to put their right hand out and grab a random hand of someone across from them.
• Then, tell them to put their left hand out and grab another random hand from a different person across the circle.
• Within a set time limit, the group needs to untangle the knot of arms without releasing their hands.
• The fastest group is the winner at last.

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