

Team Leadership Monthly Activity: Human Knot

This brain teaser is funny and really works on teambuilding, problem solving and communication. It will take around 15-30 minutes depending on how well everyone works together. No materials are needed. Recommended group size ranges from 8-20 people.

1. Instruct the participants to stand in a circle, shoulder to shoulder.
2. Tell everyone to put their right hand in the air and grab the hand of someone standing across the circle from them.
3. Now tell everyone to put their left hand in the air and grab the hand of a different person.
4. Someone needs to check that everyone is holding the hands of two different people and that no one is holding the hand of someone who's standing directly next to them.
5. The objective of the game is to untangle everyone without breaking the circle.
6. If the chain is broken, participants will have to start over.

TIP: Announce that this game requires casual clothing. Also remind others to be mindful of colleagues, especially those with certain physical limitations.

This exercise will prove to be extremely challenging and will heavily rely on teamwork and communication, without which, participants will find it extremely difficult to successfully complete the task.

