

# ENERGIZERS

## Knots of People (Gr.1-6)

### Instructions:

Divide the group into teams of 8 to 12 members. Have each person join right hands with another person in the group, but it has to be someone who is NOT standing immediately to the left or right. Then have each person join left hands with another person in the group, but it has to be someone who is NOT standing immediately to the left or right and someone other than before.

Now the groups have to untangle themselves without letting go of hands. They may have to loosen their grips a little to allow for twisting and turning. They may have to step over or under other people. The first group to untangle their knot is the winner.

SPECIAL NOTE: There are four possible solutions to the knot.

1. One large circle with people facing either direction.
2. Two interlocking circles.
3. A figure eight.
4. A circle within a circle.