

GOOD COMMUNICATION

HUMAN KNOT

TEACHES

IMPORTANCE OF GOOD COMMUNICATION & LISTENING SKILLS WHILST HEIGHTENING YOUR PROBLEM SOLVING SKILLS.

TO SET UP

BETWEEN 6 - 12 TEAM MEMBERS, BUT THE QUANTITY OF PEOPLE **MUST** BE EVEN THE MORE MEMBERS THE HARDER IT IS.

INSTRUCTIONS

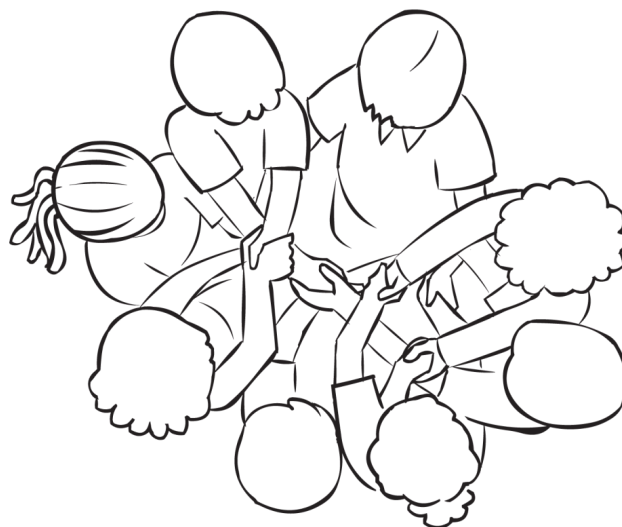
STAND SHOULDER TO SHOULDER IN A CIRCLE.

PUT YOUR LEFT HAND INTO THE CIRCLE AND GRAB SOMEONE'S LEFT HAND OPPOSITE (YOU CANNOT HOLD HANDS WITH THE PERSON NEXT TO YOU).

PUT YOUR RIGHT HAND INTO THE CIRCLE AND GRAB SOMEONE'S RIGHT HAND.

TRY TO UNTANGLE YOURSELF **WITHOUT LETTING GO**.

IF THE CHAIN OF HANDS IS BROKEN AT ANY POINT, YOU MUST START AGAIN.



Q.WHAT DID YOU LEARN FROM THIS EXERCISE

RESPONSES SHOULD BE...

- YOU NEED TO LISTEN TO EACH OTHER
- STRONG LEADERSHIP IS IMPORTANT
- COOPERATION TO GET TO THE END GOAL EFFICIENTLY
- CREATES AN UNDERSTANDING OF TIME MANAGEMENT