

Knots

Facilitator Move

PROCESS

- Form groups of eight into circles.
- Everyone places one's left hand in the circle and grasps the hand of one other person whose hand is in the circle.
- Now place right hands in the circle and grasp the hand of one other person whose hand is in the circle.
- Everyone now should be holding the hands of two other persons.
- Without letting go of the grips, untangle the human knot.

ALTERNATIVES

- Place the right hand in first.

TIPS

- A group of six to eight is ideal. Ten is possible. Twelve is too many.