

# HUMAN KNOT

## Core Values Activity

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**Materials:**  
None

### **Instructions to the team:**

Everyone should stand in a tight circle, with their hands extended in the center. Then grab any two hands at random.

Now work together as a group to get untangled without letting go of any hands.

### **Discussion:**

Did they complete the task correctly? How did the team members work together? Was

there one leader? What did the team find most difficult or most easy?