

# HUMAN KNOT

## Core Values Activity

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### Objectives:

- Trusting teammates
- Coordinating to complete a physical task

### Before you begin:

You don't need anything for this activity, but it helps to have your whole team is present and works best with larger teams.

### Notes for the Coach/Team Mentor:

This Human Knot activity is a very common team building activity for robotics teams and can be a fun way to get to know each other.

It can get harder with bigger teams and also if there are kids of different heights on the team.

Most of all, this activity is really FUN!

### Instructions to print and give to the team:

Make a circle with your team (standing as close as you can so that you can reach across the circle). Everyone should put their hands out in front of them and then grab someone else's hands across the circle to create a Human Knot!

Now work together to get untangled without letting go of any hands. Sometimes you might end up facing the opposite direction from how you started!