

# Human Knot

## Team Building Exercise #25

**Objective: Team work & Communication..**



**Steps :**

- Have everyone stand in a circle facing each other
- Instruct everyone to put their right hand out and grab a random hand of someone across from them.
- Then, tell them to put their left hand out and grab another random hand from a different person across the circle.
- Within a set time limit, the group needs to untangle the knot of arms without releasing their hands.
- The fastest group is the winner at last.

<https://www.wrike.com/blog/team-building-games/>

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