

SOCIAL EMOTIONAL LEARNING

SOCIAL SKILLS ACTIVITY

SOCIAL SKILL: WORKING TOGETHER
CASEL COMPETENCY: RELATIONSHIP SKILLS

ACTIVITY INFORMATION

Activity: Human Knot

Grade Levels: 3-6

Prep Time: 0-5 min

Activity Time: <30 min

MATERIALS AND ADVANCED PREPARATION

Materials: None needed.

Preparation: None needed.

ACTIVITY

Have all students stand in a circle. Instruct them to reach out their left hand and grab someone else's hand (cannot be the person right by your sides). Then have the students reach out their right hand and grab the hand of someone else. Now tell the students to work together as a group to try and untangle themselves.

http://leadership.uoregon.edu/resources/exercises_tips/team_builders/human_knot