**The Human Knot**

**Directions:**

* 1. Ask the group to make a circle standing up.
* 2. Have them stick their right hand into the circle and grab someone else’s hand. (It should be someone that is not standing directly beside them.)
* 3. Be sure they know not to let go!
* 4. Have them stick their left hand in the circle and grab someone else’s hand. (It should be someone that is not standing directly beside them.)
* 5. The objective is to find a way to untangle themselves without letting go of anyone’s hands.
* 6. If they let go of anyone’s hand then they must start over.
* 7. They should end up as a circle once again!
* Note: If you have a large group you can split them in half and do two teams.
* This requires a lot of communication and team work!

**The Name Game**

**Directions:**

* 1. Have the group form a circle, you may sit or stand.
* 2. Begin by going around the circle and have everyone introduce themselves with their first name.
* 3. Add a ball to the circle.
* 4. The person with the ball tosses it to one person in the circle and says their name. It continues this way until each person has gone and the ball ends up with the person that started. (A game of memory!)
* 5. Be sure they know they must remember who threw the ball to them because then you are going to toss the ball backwards. So the person that tossed the ball to the starting person is who should receive it first.
* 6. Once you have names down, then you can make it tricky and add a second ball.
* 7. You could also have each person go around and not only say their name but one thing about themselves and play the game the same way, but this time say the name and the one thing about the person.