Human Knot
Get Acquainted Activity

Objectives:
Warm-up muscles with some stretching motions.

Age:
9 years and older.

Length:
Approximately 5 to 10 minutes.

Supplies and Materials:
1. Upbeat music.
2. Portable stereo to play music.

Special Considerations:
Wheelchair-Bound Participants: Participants in wheelchairs can be the anchor in the circle. They can be the coach suggesting ways to untie the human knot.

Activity Directions:
1. Divide into groups of 6 or 7 participants.

2. Instruct each group to stand in a circle facing each other. Each person shakes hands with two different people, saying “It is so nice to meet you, my name is ________.”

3. Instruct groups to untie their human knot without breaking hands. They should end up facing each other in a circle.

4. After they are untied, divide into larger groups of 10 to 12 and try again.
5. When complete, share that warming up before a physical activity is always a good idea. It is best to gradually warm up your muscles with some easy stretching. It helps prevent muscle strain and soreness and increases the stretchiness or elasticity of your muscles. Ask what muscle-stretching movements they used to untie their human knots.