

Knot Human

Basic Information

Type of Activity	Initiative
Ideal group size	10+ (divide into groups of 4)
Estimated Time	30 minutes
Props	3 ropes; each ~4 feet long (blindfolds optional)
Ideal group	Candidate Class/Executive Board/Chapter

Notes for Facilitators

This activity is a surprisingly challenging activity that encourages small groups to work on basic problem-solving and communication skills and promotes teamwork. The facilitator should divide the participants into groups of four.

Each group of four should receive three lengths of rope.

Instructions for Participants

Participants should stand in a straight line with a piece of rope in between each of them (in the diagram below, the participants are represented by 'X' and the rope is represented by a dash):

X – X – X – X

The two participants on the end will only be holding one piece of rope. Participants should attempt to tie a basic knot in the center section without letting go of the rope.

If the group completes the task quickly, add additional challenges such as blindfolds, or requiring the group to complete the task without speaking.

Processing Questions

- Was this challenging?
- What was challenging about this activity?
- How did you handle group frustration?
- Why were you ultimately successful?
- How might this activity relate to a problem you face in the chapter?