Activity Title: Human Knot

Objective:

      Launching an activity in which students demonstrate key skills and attributes desired by employers.

Description:

      This activity is interactive, involves standing up and holding hands, and can be modified in a variety of ways. For example, a time limit can be set for untangling the knot. Groups can compete to see which group can accomplish the task most quickly, most quietly, fewest movements, etc. Groups can be assigned a leader - the only person allowed to speak and/or use any verbal or non-verbal cues.

Resources/Materials:
      Space for movement, flip chart or white board (optional), markers (optional)

Instruction:

1. Investigate/Plan/Action
   a. Introduce the activity: In this activity, each individual gets assigned a group number - 6 or more students per group (Note: the larger the group, the more challenging the activity and the longer it takes to complete).
      i. Each small group receives a dedicated open space in the room to be located.
      ii. Group members face one another in a circle. Everyone raise one hand and grab the hand of someone who is not on either side of them. Everyone raise other hand and grab hands with a different person; again, not beside them. Everyone should be holding hands of two different people and be sure that they are not holding hands with someone directly next to them.
   b. Perform the activity
      i. Groups must now untangle themselves without unclasping hands. Students should take their time in order to limit injuries and they should not tug or pull on each other. Spot students as they pass over/under other students. End result should be that the group is back in a circle.
      ii. If group members break the chain, they must start over.
         1. Variation - penalize any group that breaks their chain by silencing one or more members from verbal communication each time it happens.

         2. Variation - if there are multiple groups, any group that breaks their chain is eliminated.

2. Reflect
    a. Brainstorm and share--ask large or small groups to share
        i. What skills did it take to get back in a circle?
            1. Option - write them on flip chart or white board
    b. Define employability skills: "soft" skills that are difficult to measure consistently with a number but are essential to workplace success
        i. What are some of the "soft" skills used in the activity?
            1. Examples include:
                a. Teamwork & working in diverse environments
                b. Interpersonal communication
                c. Problem solving & critical thinking
                d. Enthusiasm & attitude
                e. Flexibility & adaptability
                f. Professionalism
                g. Work ethic: integrity, responsibility, & accountability
                h. Time management
                i. Ability to accept and integrate criticism and feedback
        ii. Why might these skills be important to an employer?
        iii. Option - have students highlight the "soft" skills on the flip chart or white board to eliminate any skills that may be irrelevant to a career

Sources:
Inspired by [Workforce Solutions Activity](), When I Grow Up