

🌀 WHAT IS IT? (RATIONALE)

This activity helps students to cooperate with others and use teamwork to try to find different ways to solve a puzzle or problem. It encourages thinking “out of the box.”

🌀 GETTING STARTED (PROCEDURES & MATERIALS)

No materials are needed for this activity. Divide the students into teams of 6-12 members, depending on how difficult you would like to make the exercise. Have each person join right hands with another person in the group, but it has to be someone who is not standing immediately to the left or right. Then have each person join left hands with another person in a group, but it has to be someone who is NOT standing immediately to the left or right and someone other than before. Now the groups have to untangle themselves without letting go of hands. They may have to loosen their grips a little to allow for twisting and turning. They may also have to step over or under other people. The first group to untangle their knot is the winner. There are four possible solutions to the knot.

~ One large circle with people facing either direction.

~ Two interlocking circles

~ A figure eight

~ A circle within a circle

🌀 SOURCE

Kimberly Steel. “Kim’s Korner for Teacher Talk.” 1997-2000

🌀 DEVELOPED BY:

Katie Jazwinski, University of Michigan

🌀 REFERENCES

Web Sites: www.pe.central.org/ and www.angelfire.com/teachme/icebreakers.html

🌀 ADAPTATIONS

Students with physical disabilities (wheelchair bound) can still participate in this activity. Other students may have to help them manipulate his/her chair when trying to solve the puzzle, and they will also have to have patience, understanding, and more cooperation. Another adaptation could be to use pieces of rope or material that is approximately one foot in length to join the people. This would allow for twisting and moving without possibly losing the connection of the joined hands.

DOMAINS ADDRESSED**BODY IMAGE
LATERALITY
SEQUENCING****1.2**