

## Youth Games

*Human Knot*

Sunday School Center

[www.SundaySchoolCenter.com](http://www.SundaySchoolCenter.com)

**Game:**

Human Knot

**Type of Game:**

Indoor or outdoor game – cooperative

**Rules:**

Players stand in a circle and put their hands in towards the middle

They then take hold of a hand belonging to two different people other than those immediately next to them

Without letting go of any hands, the players then work together to try to untangle the human knot of which they are a part

**Notes:**

The more people you have in the group, the more complicated the untangling process gets

**Adaptations:**

none