

# Ice Breaker/Energiser/Intergrater

**Name:** Human knot

**Number of Participants:** 5+ even numbers

**Equipment:** None

**Time:** 5 - 10 mins

**Steps:**

1. The participants form a tight circle and puts both hands in the air towards the middle, so everyone's hands are touching.
2. Each participant grabs a hand in each of his or her hand.
3. Ask the participants to spread out and they should be in a knot
4. Without releasing their grip they have to untie the knot until they are back in one big circle.