

The knot game

Goal: ice breaker, creates friendliness, develops listening and observational skills, and creates pairs in a fun way.

Equipment: 1 meter strings, 1 string per pair.

Duration: 15 minutes

Facilitator: 1

Participants: between 6 and 20

How does it work?

The facilitator entangles the strings together. She/he holds the knot and leaves the strings' extremities hanging.

The facilitator asks every participant to grab one string.

The point of the game is to untangle the knot.

The rules: participants aren't allowed to let go of their string, they can't switch hands either.

At the end of the game, each string is held by two participants, one at each end. This is how you create pairs.