

Energizer: The Human Knot

(20 minutes)

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FACE THE FAST

Activity Summary

The object of this activity is to unravel the “human knot” without letting go of each other’s hands.

Procedure

Divide participants into groups of 10-15, and have them form a circle.

Ask each participant to put one hand in the middle of the circle and grasp another person’s hand, making sure not to hold the person’s hand on either side of them.

Then ask them to put their other hands in the middle and grasp another hand.

Explain to participants that they must untangle themselves, without letting go of hands, so that when they are finished their group forms a circle.

Participants may change their grip to be more comfortable, but they are not to unclasp and re-clasp.

If the human knot is unraveled quickly, have participants try again.

If time permits, spend a few minutes discussing the following questions after the exercise is complete.

- What did your group have to do in order to successfully complete the task?
- What lessons from this activity can we apply to what we are learning during our Food Fast about our world and our role in it?