

Human Pretzel

Principle 1: Live Each Day With Courage
Principle 3: Always Finish What You Start
Principle 8: Talk Less and Say More

Group Size: 5+ participants
Materials: Just Kids!

Objective:
Students will work together to solve a problem.

Activity:

1. Have all students stand in a circle, facing inward.
2. Tell everyone to reach their right arm towards the center and grab someone else's hand.
 - Make sure no one grabs the hand of the person next to them.
3. Next, have everyone reach their left arm in and grab someone else's hand.
 - Again, make sure it is not the person right next to them.
4. The students now need to work together to untangle the human knot without letting go of any hands.
5. The goal is to end up in a perfect circle again.
 - They can go over or under each other's arms, or through legs if needed!
 - Encourage them to do whatever they want, as long as they don't break the chain in the process.

OPTIONS:

- For some extra fun, turn on a timer and see how long it takes them to get untangled! How quickly can they do it?

Discussion:

- What was difficult about this game?
- What was easy about this game?
- How did it feel to have to rely on others for your success?

Life Application & Purpose :

- Describe a time when you had to rely on others for your success. How did it feel?
- How can having a foundation of beliefs help you out when life gets all tangled?
- What Principle do you feel you displayed in this activity?
- Any others? Why that one?
- What does that Principle look like in your life?
- Tell me about a time when ...

This activity is a great example of how life can become quite messy and tangled up. Having a strong foundation of beliefs to help guide a person through the trials of life is essential to creating a bright future.