

# TEAM BUILDING SKILLS - THE HUMAN KNOT



## SESSION A

### Cooperation is:

- \* Working together towards a shared goal for the benefit of everyone.
- \* Understanding each other's needs and strengths.
- \* Following an agreed set of rules and encouraging one another.

### Synonyms:

- \* teamwork
- \* helping hand

### LEARNING OBJECTIVES:

**Children reflect on their ability to complete a task that they first attempted in Year 1.**

### Suggested Resources:

Space - preferably in a hall or cleared classroom.

### Script:

This circle time should take place after the first attempt to unravel the human knot. How did children find the task? What was most challenging? What would they do differently next time? Have the class repeat the task in the same groups, building on their experience of the first attempt. Quick debrief: was it easier? What did they do differently? Practise the task again: this time mix up the groups. Did different groups have different strategies? How did they decide which one to use in their new group? Practise the task again: this time children must complete the task in silence. Alternatively, groups could race each other. What impact did this 'competition' have on their ability to work together?

### Suggested Activities:

Divide the class into two. Standing in two circles, children reach across and hold other children's hands. The group then tries to unravel the 'human knot' by untying themselves without letting go of each other's hands.

### Plenary:

Repeat the human knot activity, but this time see who can finish first!





## Character Coaching

### Meaningful Praise:

I'm really pleased that you have cooperated so well with each other today. Can you tell me what you noticed about how you felt when the group was cooperating? How did the whole group benefit from working well together?

### Guidance:

What would a really cooperative team look like?

Before you start, how might using cooperation help you?

Remember to be cooperative by listening to other people in your team, they may have the solution!

### Correction:

Remember that in order to work as a team you need to cooperate with others.

This is a challenging task and requires everyone to listen carefully to each other, in a spirit of cooperation, in order to figure out the best way to untangle you all. Please start again and show me how co-operative you can be!

How could cooperation help us to avoid this problem next time?

