

# TEAM BUILDING SKILLS - THE HUMAN KNOT



## SESSION B

### LEARNING OBJECTIVES:

**Children can describe the important features of cooperating in a challenging teambuilding exercise. They can write about these features appropriately for younger children in the school.**

#### Suggested Resources:

Writing materials (pencils, paper, etc.).

#### Script:

Recall the previous lesson's human knot activity. In the first attempt, what was the hardest part of the task? How did different groups resolve this challenge? How did the task get progressively harder? How did the group adapt their actions to overcome these new challenges? What 'lessons' could be drawn from the activity about cooperation and teamwork? At this point, steer children towards discussion about broader themes of cooperation that could be applied to different tasks, for example: listening; compromise; and respecting others' suggestions.

### Character Coaching

#### Meaningful Praise:

You have shown me that not only can you think about how you can untangle the human knot with your friends, but you can also help younger children enjoy the activity too.

#### Suggested Activities:

Children write instructions for a younger age group that will guide them through the task. Children must include a description of the activity and advice for cooperating to complete the task successfully. This should be based on the broader themes discussed in circle time and should give specific examples of what each point will enable them to achieve.

#### Plenary:

Encourage children to present their instructions to the class. Did anyone include the same advice? Did anyone include different advice?

#### Correction:

When we think about advice to give younger children, we need to think very carefully about their own needs so that our advice helps them. Think about what you found challenging about the task and how you might be able to support a younger group of children overcome the challenge.

