

Activity 2: Human Knot

A great icebreaker team activity, this quick and simple game is recommended for training that involves focus on problem solving, communication, and cooperation.

Instructions:

The Human Knot game is a get-to-know-you icebreaker involving physical closeness. No equipment is needed for this game. The approximate playing time is 15 to 20 minutes. However, the length is somewhat dependent upon the number of players. Players stand in a circle and reach out to shake hands with other players, with each hand connecting to a different person, creating a “human knot.” Then the players attempt to unthread their bodies without letting go of each other’s hands.

Time to Debrief using the Body Parts Debrief.

Body Parts Debrief

Print cards with various body parts on them—enough for each person in your group. Mix up the cards in a basket or bowl and have each girl choose a card. Go around the circle and have each girl answer a question based on the card in her hand.

Cards can include:

- **Hand:** What did you feel during this activity?
- **Ear:** What did you hear during this activity?
- **Eyes:** What did you see during this activity?
- **Heart:** What did you love during this activity?
- **Brain:** What did you think during this activity?

Activity 3: Evolution

This is a game of rock-paper-scissors. There are four levels of evolution: egg, chicken, dinosaur, and human.

Instructions:

All the participants start as an egg. They will challenge someone at the same level to a game of rock-paper-scissors. If they win the round, they evolve up to the next level (e.g. an egg evolves to a chicken).

To know what level someone is on, they will act it out!

- To be an egg, participants should be squatted down on their heels.
- To be a chicken, participants hold be hunched low with arms like chicken wings.
- To be a dinosaur, participants should be standing tall with arms overhead.
- Once a girl reaches a human she has evolved out of the game!

Time to debrief using Highs and Lows Debrief.

Highs and Lows Debrief

This method is very simple and works with all ages. Girls state the worst of their day/meeting first and then discuss their favorite part of the day/meeting second.



S'more Info

- gswoblog.org>Search: [The Power of Reflection: 5 Easy Ways to Debrief After an Activity!](#)
- girlscoutcsa.org> [Volunteer](#)> [Volunteer Resources](#)> [Tip Sheets](#)> [Reflection](#)