Respect Group Activity 1: Human Knot

Respect — Treating others the way you want to be treated

- **BE ACCEPTING**: Support everyone’s worth & dignity, regardless of background, abilities or beliefs.
- **BE CONSIDERATE**: Always be aware of & honor others’ rights & feelings.
- **BE ATTENTIVE**: Be ready to learn from coaches, officials & other contestants.
- **BE ENCOURAGING**: Demonstrate concern for the growth & development of all others.
- **BE APPRECIATIVE**: Value the guidance of supportive adult & student leaders.

### Problem Solving: Respect

**Summary**: While acting as part of the rope, group members untie the human knot.

**Time**: 10 minutes total
- Brief the group: 2 minutes
- Exercise: 5 minutes
- Reflection: 3 minutes

**Rope Represents**: Classes, Relationships, Job, Family, Friends, Coach, Role on the Team, etc... Everything that can feel like one big tangled mess in season.

**Directions**:
- Stand in a circle shoulder to shoulder.
- Give each member a 12” rope in their right hand and extend it into the middle of the circle.
- Grab another rope with their left hand, but it cannot be with the same person that grabbed their rope or the person standing next to them.
- The goal is to untie the knot without letting go of the rope.

**Facilitator Notes**:
- Sometimes people get contorted into awkward situations. Watch for this and spot as necessary.
- 3 possible solutions: 1 large circle, 2 or more small circles or a figure 8. (But don’t tell them.)

**Processing the Ideas**:
- Discuss the importance of respect: treating others the way you want to be treated. How did this group do in demonstrating respect to all members of the team as they tried to untie the knot?
- How does this relate to a team setting? (Miscommunication, frustration, time management, etc…)
- One team member writes and reports later.