



Game Begins for Sustainable Development Goals

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Untangle Yourselves



Type of The Game

Ice breaker



Target Groups

Young people and Youth
Workers



Duration

- 10-15 minutes



Objectives

- Encourage communication and collaboration within the group.
- Promote problem-solving and critical thinking skills.
- Foster teamwork and trust among participants.
- Provide a fun and engaging icebreaker activity.

Materials needed

- No materials are required for this activity.

Instructions

- Ask the group to form a circle and stand close to each other.
- Instruct everyone to raise their hands up in the air.
- Explain the objective: The group needs to untangle themselves without letting go of their hands and trying to form a circle.
- Demonstrate the first step: With your right hand, grab someone's left hand who is not standing directly next to you.
- Demonstrate the second step: With your left hand, grab someone's right hand who is also not standing directly next to you.
- Emphasize that participants cannot grab the hands of people next to them.
- Start the activity by giving the signal for the group to begin untangling themselves.
- Observe and provide guidance if necessary, but allow the group to work together to find a solution.
- Once the group has successfully untangled themselves and formed a circle, congratulate them on their achievement.
- 10. If the group is very large, you can break them into smaller groups of approximately 12 people to make the activity more manageable.
- 11. In some cases, the group may struggle to untangle completely. In such scenarios, ask the group to select one person to be removed from the circle, freeing up a hand. Encourage them to continue untangling until they form a circle.



- 12. After the activity, facilitate a brief discussion to reflect on the experience, asking questions like:
 - - What strategies did you use to untangle yourselves?
 - - How did communication and collaboration play a role in solving the task?
 - - What challenges did you encounter, and how did you overcome them
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Tips for facilitator/adaptations/notes...

- Encourage participants to communicate and plan their movements before making physical adjustments.
- If the group is struggling, provide prompts or hints to guide them towards a solution without giving away the answer.
- Emphasize the importance of teamwork and remind participants not to let go of each other's hands throughout the activity.
- Adapt the instructions and difficulty level based on the age and abilities of the participants.
- Be mindful of physical limitations or discomfort some participants may have and ensure their participation is comfortable and inclusive.

Useful links/further reading

- United Nations Sustainable Development Goals: <https://sdgs.un.org/>