

ACTIVITY #1: HUMAN KNOT

Equipment Required: None

Space Required: Small. Indoors or outdoors.

Group Size: 8 to 12 ideally. You must have at least 4 participants to play.

Total Time: 20-30 minutes

- 5 minutes to brief and set up
- 10-20 minutes to achieve outcome
- 5 minutes to review and debrief

Human Knot Instructions

1. Get the group to form a circle.
2. Tell them to put their right hand up in the air, and then grab the hand of someone across the circle from them.
3. Then repeat this with the left hand, ensuring they grab a different person's hand.
4. Check to make sure that everyone is holding the hands of two different people and they are not holding hands with someone either side of them.
5. That they must now try to untangle themselves to form a circle without breaking the chain of hands. Allocate a specific time to complete this challenge (generally ten to twenty minutes)
6. Get participants to take their time to limit injuries. Ask the group not to tug or pull on each other and spot participants as they pass over other participants. Monitor throughout the challenge and stop them if you need to.
7. If the chain of hands is broken at any point, they must then start over again.

Link to [Human Knot Video Tutorial](#)

ACTIVITY #2: WHERE DO YOU STAND: GS Be a Friend First (BFF)

Material needed: Masking tape, marker, scenarios (pg.52-53 in Amaze adult guide)

Space require: Indoors or outdoors

Group size: 4 to 6 ideally

Total Time: 15-20 minutes (all depends on your group)

- 2 minutes to set up
- 5 minutes to introduce the activity
- 10 to achieve outcome
- 3 minutes to review and debrief

Instruction: (See pages 52-53 in GS Amaze Adult Guide for details)

1. Start by discussing pressure and our values and do we trade in what we believe to belong.
2. With masking tape make a line down the room.
3. On masking write 1 on one end, 10 on the other end, and 5 in the middle
4. Read Scenario aloud, if you think it's OK go to 10, if it's not OK go to 1, if on the fence go to 5.
5. Discuss what it means to go to each of the areas and ask what the 5s what will it take for them to decide. Ask the 1s and 10s to try to persuade the 5s to decide. Then have the 1s try to persuade the 10 and the 10 to persuade the 1 to go to their side.
6. Wrap up by discussing pressures and values.

ACTIVITY # 3: "I- Statements": The Key to Resolving Conflicts (GS BBF)

Material needed: Scenario of situations that could call conflicts

Space require: Indoors or outdoors

Group size: 4 to 6 ideally

Total Time: 10-15 minutes (all depends on your group)

- 2 minutes to introduce the activity
- 8 to achieve outcome
- 5 minutes to review and debrief

Instruction: (See pages 64-67 in GS Amaze Girl book for details)

1. Share general formula and how to make "I-Statement":
When you (describe a specific action that hurts you) I feel (say your feeling) because (why the action connects to your feeling).
2. Split up into groups of two and role play scenario
3. Discuss how scenario could led to conflict and how using the "I-Statement" resolved the conflict