



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

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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...)
- How will RESPECT look on your team? Identify 3. Refer to Respect checklist.
- One team member writes and reports later.