



Knot or Not

More Game Resources: [CQII.org](https://www.cqii.org)

Fun Scale ● ● ● ● ○

Ease of Play Online ● ● ● ○ ○

Connection to QI ● ● ● ○ ○

Type of Game: An interactive game to guess the result based on demonstrations

How Long: 10-25 minutes

Learning Objectives

- Engage participants in problem-solving
- Familiarize participants with facing barriers when working in a group, ultimately working to make a decision
- Get to know fellow participants and team members
- Learn how to articulate decisions

Suggested Audiences

Anyone, whether clinical or administrative staff, QI team members, managers, people with HIV, etc. This game is geared towards people who are looking to get to know each other.

History and More Information

While this game is seen on several websites across the internet, no original source was identified.

Materials

For this game, you will need:

- Link to a video for this game that shows a knot: [youtube.com/watch?v=RC03wAIU76c](https://www.youtube.com/watch?v=RC03wAIU76c) (time mark 3:26)
- A string for live demonstrations
- CQII instructional slides and additional resources (targethiv.org/virtual-game-guide)
- Zoom account (or other video conferencing platform)
- Access to a computer and/or handheld mobile device, and internet connection

Preparation

To prepare for this session:

- Familiarize yourself with the game's structure
- Prepare the game:
 - Read through the game instructions and key teaching points in its entirety
 - Practice the game itself
 - Practice presenting the key teaching points

Playing the Game

Welcome and Introductions

To begin the game, welcome participants and thank them for their participation. If necessary, ask individuals to introduce themselves to the group.

Agenda

Provide a brief description of the game's primary components:

1. Setting the stage for the interactive exercise
2. Playing the Knot or Not game
3. Debrief and discussion on what lessons are learned and how they apply to HIV care
4. Feedback and close

The Game

Step 1: Provide a brief introduction of the game to participants, including the instructions and rules to play; participants are shown still pictures of a knot to guess whether — when the two ends of the rope are pulled — it will become a knot or not

Step 2: Inform the group that you will first show a video with a knot in the first round to guess whether it will become a knot or not; in subsequent rounds conduct live demonstrations

Step 3: First, show a still photo of the knot (see video or slide set, but not the solution); afterwards, ask participants to decide if will it become a knot or not

Step 4: Inform everyone that if they believe it is a knot, put “1” in their Zoom profile name. If they think it will not become a knot, put a 2 next to their name. Alternatively, can ask participants to share their answer in the chat room.

Step 5: Once everyone made their decision, reveal the answer by finishing the video (forward to time 3:26)

Step 6: Repeat the guessing game, by tying the knot away from the camera for the live demonstration; show the knot to participants and ask them to guess again

Debrief and Discussion

- Ask the participants, what did they observe? Any trends? Thoughtful comments?
- Ask for their conclusions about this process/game
- How does this game apply to HIV care and/or your HIV program?

Feedback and Close

- Ask your audience for feedback on whether this session met its objectives; take note of their responses and keep it for your use in the future
- Schedule an informal follow-up session with any audience member who wants clarification or more information on the game or the concepts you discussed
- Thank your audience and congratulate them on their hard work and success