Improvement Fundamentals IN A DAY

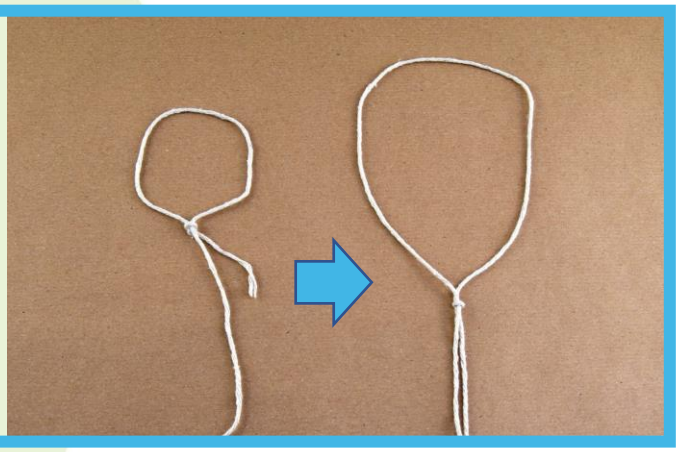
String Handcuff Instructions

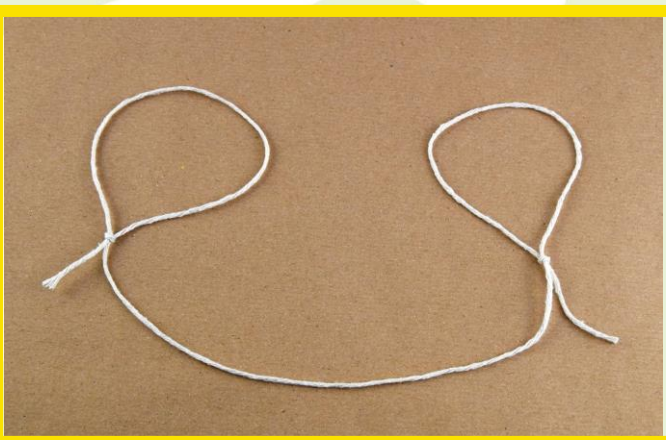
NHS

1 Take a ball of string and cut a piece at least 1 metre long for each participant.

2 Take one end and tie a knot around 14cm of string.

3 Pull the knot tight, but you should still be able to make the loop bigger and smaller.





4 Do the same for the other end.