Outdoor Skills Patch
Knots - Daisies

Learn the skills needed to thrive in an outdoor environment.
Do you know how to tie knots and what to use them for?
Do you want to make knot crafts?

**Please Note:**
- Feel free to use the internet to look for videos and other diagrams of how to tie the knots in this section as it may be easier to understand than written text.
- Try to space out each step between different troop meetings, different times during an overnight campout, etc. Doing them one right after another might cause the girls to become disinterested and less engaged.
- The girls will remember less if you try to cram all of these into one troop meeting or lesson.

**Step 1:**
**Learn how to tie a bow and how to braid**

1. Gather the girls up and explain “Today we are going to learn about different types of knots. But before we start, I want you to tie your own unique knot.”

2. Give girls one or two pieces of rope. Give them the opportunity to be creative and come up with their very own knot.

3. After girls have tied their knots, ask them to share about their knot and what they can use their knots for.

4. “Gee-wiz! You girls sure did design some cool knots. Did you know that every knot has a purpose? What do you think we use knots for?”
   a. Knots can be used to tie things together, to stop rope from going through holes, to wrap rope around poles, etc.
   b. You use knots in activities like: sailing, climbing, caving, fishing, firefighting, truck driving and surgery.

5. “Awesome! Now, there are lots of different knots that exist and they all do different things. Knots can be really fun to learn and useful every day.”
   a. Before going into the next steps, it might be helpful to print off images of the knots below so girls can see the diagrams as they are working on the knots. See the resources at the end of this document.

**Bow**
Materials Needed: 1 piece of rope/ribbon for each girl – about 2 feet long

6. “First we’re going to learn how to tie a bow. Bows are a simple knot that are often used as decoration.”
   a. Make a loop with both sides of the ribbon.
   b. Keeping the loops, slide the rope across itself to form an X.
   c. Tuck the loop on top under and pull through the new bottom loop.
   d. Pull on both loops to tighten.
7. Let the girls practice tying the knot a few times. If some girls are struggling, try pairing them up with girls who are tying the knot well.

8. “Wow those are some great bows! Can anyone come up with any ways that we could use this knot?” Let the girls answer.
   a. Wrap presents, tie shoes, decoration

**Braid**

Materials Needed: 3 pieces of string for each girl (preferably different colors) – about 2 feet long

9. Now we are going to learn how to braid. Braids are used to combine three or more pieces of rope together to make it stronger. 
   a. Start with the ends of the three strings bound together (leaders may need to tie knots for the girls).
   b. Pass one outside strand across the center strand.
   c. Then pass the other one across the new center strand.
   d. Repeat alternating one side and then the other.
   e. Continue until you reach the desired length.

10. Let the girls practice tying the knot a few times. If some girls are struggling, try pairing them up with girls who are tying the knot well.

11. “Wowza those are some great braids! Can anyone come up with any ways that we could use this knot?” Let the girls answer.
   a. Braid hair, combine multiple pieces of rope, make rope stronger
Practice Time with the Two Knots

Materials Needed:
1 piece of rope/ribbon for each girl – about 2 feet long
3 pieces of string for each girl (preferably different colors) – about 2 feet long

12. “Those are the two knots that we are going to start off with today. Now that we know how to tie them, let’s see if we can remember them all!”

13. Have the girls practice the two knots in order to help retain what they just learned.
   a. You can have the girls practice tying bows by tying their shoes, tying bows for gifts, tying bows for hair accessories, etc.
   b. You can have the girls practice braiding by making bracelets for friends and family or trying to braid hair.

Step 2:
Learn how the forward knot and twisted bracelet

1. Gather the girls up and explain “Today we are going to learn 2 types of knots that are great for making jewelry. But first, let’s review the knots we learned last time!”
   a. Review the bow and braid. Refer to Step 1 for instructions.
   b. Before going into the next steps, it might be helpful to print off images of the knots below so girls can see the diagrams as they are working on the knots. See the resources at the end of this document.

FORWARD KNOT
Materials Needed: 2 piece of string for each girl (preferably different colors) – about 3 feet long

2. “Awesome! Now we’re going to learn how to tie a forward knot. This knot is also known as the friendship bracelet knot.”
   a. Tie the two strings together or tape them securely to a hard surface. (adults will need to help)
   b. Take the string on the left and put it over the string on the right so it makes a 4.
   c. Take the tail of the first sting and tuck it under the second string, then pull it through the middle of the 4 until tight.
   d. This makes a half knot. Repeating steps b and c will make the full knot.

3. Let the girls practice tying the knot a few times. If some girls are struggling, try pairing them up with girls who are tying the knot well.
4. Let the girls continue tying forward knots to create their bracelet. Girls can change the color they are making the 4 with if they wish to add variety.

5. “Wowza those are some great forward knots! Can anyone come up with any ways that we could use this knot?”
   a. Friendship Bracelets, tying up a loose end of a rope

Twisted Bracelet
Materials Needed: 3 piece of yarn for each girl – about 3 feet long

6. “Now we are going to learn how to make a twisted bracelet. Twisted bracelets are cool because they join lots of pieces of rope together without tying a traditional knot.”
   a. Pair girls up and have them each grab an end of the yarn trio. Back away from each other until the yarn is taut.
   b. Start twisting the yarn in the opposite direction of the other (one twists to the their right, the other to their left).
   c. Keep twisting until the yarn is tightly twisted throughout.
   d. Have the girls start slowly walking towards each other. The yarn will start to twist around itself. Let it twist all the way up.
   e. Tie off the loose end with an adult’s help to make a bracelet or necklace.

7. Have the girls repeat the process this time making a bracelet for the second girl in the pair.

8. “Amazing! Those are some great twisted bracelets! Can anyone come up with any ways that we could use this rope joining method?”
   a. Jewelry, creates a stronger rope, this is also the method of how rope is made!

Resources:
Knot Handout
Outdoor Skills Patch Knots - Daisies

1. Bow
2. Braiding
3. Forward Knot
4. Twisted Bracelet

Bow:

Braiding:

Forward Knot:

Twisted Bracelet: