



# Knot Fun!

## Ready to learn a really fun new skill?

Knot tying is fun, but can also be helpful in your everyday life. There are lots of reasons to learn knot tying.

**There are practical reasons:** To tie your shoes; to secure items and even a DIY leash for your dog. No matter what your situation, knot-tying is one sure way to “be prepared,” which is the Girl Scout motto.

**There are artistic reasons:** To make jewelry and to sew requires a basic understanding of knot tying. Or, maybe you want to try macramé! Tying knots can be beautiful and stylish, too!

**There are sports reasons:** To sail on a boat requires lots of knot tying know how. For a rock climber or a spelunker, it can mean the difference between life and death. And you might want to double knot those shoes before you head out onto the field, onto the course or on the mound (depending on which sport you like to play).

Plus, tying knots is good for you! Knot tying improves finger dexterity and mental agility. Training your fingers to hold the rope and make the knots is a real work out! And tying knots is like trying to figure out a puzzle. It’s like food for your brain!

### Steps:

1. **Discover** — Learn the basics of knot tying.
2. **Connect** — Complete an art project using knots.
3. **Take Action** — Use your new skill!

### Materials Needed:

In order to complete this patch, you’ll need a few things:

1. rope or string with which to practice
2. resources (You can either go online with an adult, ask a professional, or visit your public library.)
3. floss or cord for your art project

## STEP

# 1 Discover the Basics of Knot Tying

1. Use your resources wisely to learn about knots. You can find books about knot tying at your local library, or with the help of an adult, visit a knot-tying website.
2. Try out some knots—See how many you can do!
  - a. Daisies—can you complete 5 different kinds of knots?
  - b. Brownies—can you complete 10 different kinds of knots?
  - c. Juniors—can you complete 15 different kinds of knots?
  - d. Cadettes, Seniors and Ambassadors—can you complete 20 different kinds of knots?

## STEP

# 2

## Create an art project using knots!

1. With the help of an adult, research some knot-based art projects online, like friendship bracelets, braids or macramé projects for kids.
2. Gather materials for your project based on your research.
3. Create some art!

## STEP

# 3

## Find ways to use your new skills!

Find three ways to use knot tying based on your new experiences.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### All done?

**CONGRATULATIONS!** You've completed all of the necessary steps to earn the "Knot Fun" patch. Can you believe that you could not knot—and now you can knot!

That's knot fun for all!



After completing the activities from each step, visit or call a Girl Scouts Western Pennsylvania retail shop at **800-248-3355** to purchase your patch. A patch may be worn on the back of a vest, sash or tunic.