

Knot Fun!

Knot tying is not only fun but can be helpful in your everyday life. There are lots of great reasons to learn knot tying.

There are practical reasons, such as tying your shoes, securing items, or 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 also artistic reasons to learn knot tying such as making jewelry or trying macramé! Even sewing requires a basic understanding of knot tying. Tying knots can be beautiful and stylish, too!

There are reasons to learn how to tie knots for sports too. Sailing on a boat, for example, 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 laces before you head out onto the field!

Not only is it practical, but tying knots is good for you! Knot tying improves finger dexterity (the measurement of a person’s ability to handle small objects or to manipulate controls using their fingers) and mental agility (the ability of an individual to think, learn, and quickly absorb new information, systems, and processes). Training your fingers to hold the rope and make the knots is a real workout!

How to earn the Knife Safety patch the Girl Scout way:

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:

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

Step 1

Discover the basics of knot tying.

1. List three ways you use knots in everyday life.
 - a.
 - b.
 - c.
2. When using a knife, there are a few things to consider. Review opening and closing knives, caring for knives, knife etiquette, and knife use on the included worksheet.
 - a. Daisies: find and complete 3 different kinds of knots.
 - b. Brownies: find and complete 5 different kinds of knots.
 - c. Juniors: find and complete 10 different kinds of knots.
 - d. Cadettes, Seniors, and Ambassadors: find and complete 15 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.
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 the necessary steps to earn the Knot Fun patch.

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.

*Patch shown may be substituted with similar patch, based on availability.