

KNOTS TRAINING

AN INSTANT MEETING FOR BROWNIES
FROM THE BC CAMPING COMMITTEE

Meeting Plan

- 10 min: Gathering: Knots Concentration
- 5 min: Brownie Opening
- 20 min: Learn to Tie / Knot Word Search
- 10-15 min: Knot Relay
- 20-25 min: Reef Knot Hat Craft / Knot Practice Kit
- 10-15 min: Friendship Knot Circle
- if time: Campfire Songs (your choice)
- 5 min: Brownie Closing

90 minute meeting. Approximate activity times shown.

Program Connections

Key to Brownies:

4. Being a Brownie

Key to Camping:

5. Sing and Shout
Special Interest Badge

Key to Active Living:

Go For It! interest badge

Key to the Arts:

Super Crafts interest badge
(one craft)

Meeting Supplies

- printed concentration cards
- 2 pieces of rope per girl, preferable in 2 different colours
- optional: string licorice
- printed word search sheets
- pencils
- Brownie ties or knotting cord
- activity cards
- dice
- cardstock printed with a rhyme and cut to size
- 2 colours of knotting cord
- scissors
- glue
- safety pins
- mini knot reference cards
- mini plastic baggies

Gathering: Knot Concentration

Directions

1. For this game, you will need to print two copies of the cards.
2. Divide the girls into small groups (2 to 6 girls per game).
3. Lay the cards out face down in a pattern, for example, 4 rows of 6 cards (if using 24 cards).
4. Choose one girl to go first. She flips over two cards (one at a time) and identifies the knot on each card. If they match, she keeps the cards and plays again. If they do not match, she flips them face down again and play moves to the next girl (clockwise).
5. Continue play until all cards have been made into pairs.
6. The winner is the girl with the most pairs.

Supplies

- printed concentration cards (2 sets per game)

Learn to Tie

Guiders will need to assist girls with learning to tie a reef knot. A rhyme which can help them remember is:

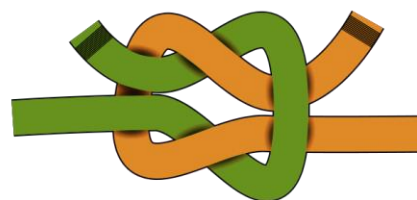
*Right over left and left over right,
Makes the knot neat and tidy and tight.*

It helps to have two different colours of rope. The girls choose one colour to be the working rope, or the “worm” slithering around the other rope. Only the chosen “worm” rope does the work and moves to create the knot.

An optional, additional bonus would be to reward the girls with string licorice once they have completed the knot with the ropes, then they can make the knot in the licorice. Once verified that they have done it correctly, they can eat their knot!

Supplies

- 2 pieces of rope per girl, preferably in different colours
- optional: string licorice



Knot Word Search

When girls have successfully learned to tie a reef knot, they can work on a word search while waiting for the other girls to finish. A word search is included at the end of this document.

Supplies

- printed word searches
- pencils

Knot Relay

Directions

1. The girls start in small groups at one end of the room, and the leader(s) at the other end with the items that can be tied in a reef knot.
2. One girl in each group rolls the die and the other members of the group begin to do the corresponding activity while she runs to the leader and ties a reef knot in the Brownie tie or knotting cord.
3. When the knot is correct, she returns to her group, the next member rolls the die and the game continues. The leader and available helpers untie the knots when the girls return to their groups.

Supplies

- Brownie ties or knotting cord
- activity cards
- one die per team

Reef Knot Hat Craft

Print the following rhyme on the cardstock, either filling one side (if attaching the knot to the other side), or leaving space to glue the knot on the same side:

Right over left and left over right,
Makes the knot neat and tidy and tight.

Directions

1. Tie a reef knot using the two colours of knotting cord.
2. Cut the ends off of the cords so they are not too long, but so that they are not too short that the knot comes apart.
3. Glue the knot to the cardstock.
4. Add a pin so you can attach it to your camp hat.

Supplies

- small pieces of cardstock with the rhyme printed on them
- 2 different colours of knotting cord
- scissors
- glue
- safety pins

Knot Practice Kit

Find knot reference cards on the internet, or create your own using images found online:

<https://www.google.ca/#q=printable+knot+card&tbm=isch>

Directions

1. Slide the mini reference card in to the baggie.
2. Add the knotting cord.
3. Seal the baggie closed and add a safety pin to attach it to a camp hat.
4. Girls who finish both crafts early can try making different knots as shown on the knotting card.

Supplies

- knot reference card, printed small enough to fit in a small Ziploc baggie
- 2 colours of knotting cord or string, each about 8" long
- mini Ziploc baggie
- safety pins

Friendship Knot Circle

Directions

1. Have the girls stand in a circle, then hand out one piece of rope per girl (about 3 ft long). Alternate rope colours as they are handed out.
2. Each girl ties a reef knot in one end of her rope to one end of the rope held by the girl on her right.
3. Every girl ties her rope to the girl on the right's rope until all ropes are tied together and they form a closed loop.
4. Girls then hold on to their rope pull the circle taught.
5. The girls then sing "Make New Friends" including both verses below:

*Make new friends, but keep the old,
One is sliver and the other gold.*

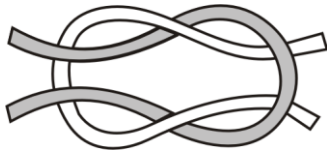
*A circle is round, it has no end,
That's how long I want to be your friend.*

Optional: if there is time, sing additional campfire songs before closing.

Supplies

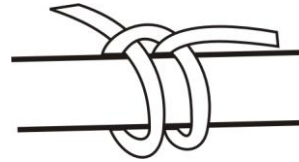
- 1 piece of rope per girl, preferably 2 colours of rope

Concentration Cards



Reef Knot

To join ropes of equal thickness.
For gadgets and bandages.
To tie your Brownie tie.



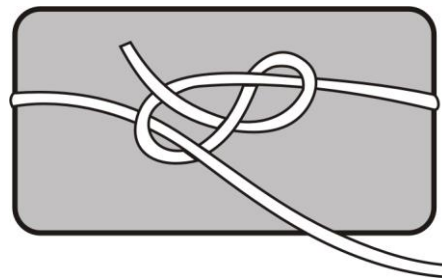
Clove Hitch

For gadgets and hoisting flags.



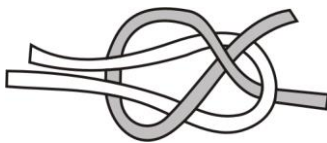
Overhand Knot

A simple stopper knot.
To prevent the end of a rope from unravelling.



Packer's Knot

For parcels and bedrolls.



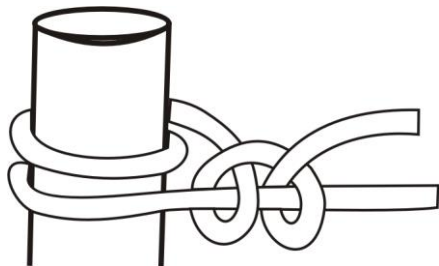
Sheet Bend

To join ropes of different thicknesses.
For hoisting flags.



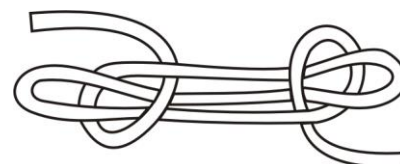
Bowline

A non-slip knot used
for rescue.



Round Turn and 2 Half Hitches

To secure boats and animals.



Sheepshank

To shorten a rope.

Knot Word Search

R L D H N O Q C B T
O A N C I I W C O O
P S E T R T O T W N
E H B I G R C J L K
P P T H D G W H I P
S H E E P S H A N K
F T E V E U C S E R
E I H O G A D G E T
E E S L L O R D E B
R J T C G A L F U N

BEDROLL
BOWLINE
CLOVEHITCH
CORD
FLAG
FUN
GADGET
HITCH
JOIN
KNOT

LASH
REEF
RESCUE
ROPE
SHEEPSHANK
SHEETBEND
TIE
TWO
WHIP

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P P T H D G W H I P
S H E E P S H A N K
F T E V E U C S E R
E I H O G A D G E T
E E S L L O R D E B
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SHEETBEND
TIE
TWO
WHIP

Activity Cards

1. Hop on one foot.

2. Jumping Jacks.

3. Join hands and skip in a circle.

4. Run on the spot.

5. Sit ups.

6. Choose your own active move.



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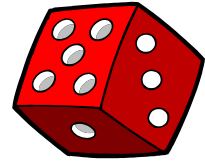
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