

KNOT SESSION

Being able to do some basic knots is part of the Guiding experience and there are all sorts of occasions for them to come in handy!

- **ACTIVITY 1 – Human Knot**

The participants from each group (4 – 6 persons ideally) have to form a circle, facing inwards. Each participant extends their hands outwards and they have to grab another person's hands (preferably not the persons next to them and both hands cannot be holding on to the same person. After the hands are tangled up, they will have to try to disentangle themselves without breaking the contact with the hand that initially grabbed. The end product should be a group of participants still holding each other hands with no crisscrossing of any hands.

- **ACTIVITY 2 – Reef & Rabbit**

All guides should sit in a circle, each with a piece of rope to practice the reef knot and bowline knot.

Reef knot – can be used to join two pieces of rope together

Bowline knot - a good rescue knot (First a loop is made near the end of the rope, which will act as the rabbit's hole. Then the "rabbit" comes up the hole, goes round the tree right to left, then back down the hole. This can be taught to children with the rhyme: "Up through the rabbit hole, round the big tree; down through the rabbit hole and off goes he."

- **ACTIVITY 3 - Save our patrol leader!**

(In patrols / groups of 3+)

Provide each patrol with 6 pieces of rope.

The object of the game is to tie the ropes together using reef knots to have a rope long enough to throw to someone out about 5 meters away and pull them to safety. The patrol leader sits on a blanket and waits for his team to tie the ropes together. Once the rope is thrown to the waiting patrol leader or designated person, she must tie a bowline in the end around her waist which should not slip when she is and she can be pulled to safety back to her patrol.

- **ACTIVITY 4 - Make a Rope Ladder**

Using ladder lashing / timber hitch. Could be used as a clothes line, hanger or notice board holder.



Optional

Give each guide a snake at the end of the session and see if anyone can tie a simple knot with the snake in their mouth!

