

Knots Practice

Category	Activities
Advancement	Healthy Mind
Time to allocate (mins)	20
Outcome	Practice tying the Cub knots
Resources	Ropes for all Cubs Props (eg. rocking horse, washing, pegs, staves, box, shoes, etc.)
Instructions	<p>The attachment can be printed out for Cubs to take home to continue practicing their knots.</p> <p>Set up various scenarios for each of the different knots so that the Cubs can associate the knots with the names and uses. Print out signs for each area/base to help the Cubs remember the name of the knot.</p> <p>Knot Challenge:</p> <p>A tick list for each Cub is created so that each week, they can come and show off which knots they remember. Will need to get each knot signed off two/three times on separate occasions. Once the sheet is completed, they will earn a special campfire knotting badge.</p> <p>Cubs to go and practice the knots they need to know (for both the knot challenge and the trail requirements). They can spend the whole time on one knot or move around the bases - it is a practice session, so there is no competition or game. Simply to learn and practice what they can.</p>

Entry written by Sharon Venn of 1st Randburg