

Knot tying activity sheet

Knot tying is really good for our brains and also very helpful when we are learning outside!

This video demonstrate tying two knots which we will use when back at school together.

The important thing is to keep on practicing - as you practice your brain will grow and grow! You will also become expert problem solvers and have amazing hand eye co-ordination!

<https://www.youtube.com/watch?v=AZmnvmq1ySE>

Clove hitch - fish
on a dish knot!



Reef knot



Challenge - repeat repeat repeat! Once you have really got the hang of this try using it to create. We will learn new knots which you can combine.

This can be done:

Independently, in a group or with an adult
Outside or inside.
Any age but younger children may need support