

Parent Guide



@twinklparents

We're excited to share this activity with you. If you are interested in finding more engaging, fun and interesting activities for you and your children, then check out these links to different areas of the [Twinkl Parents](#) website.

games



crafts



puzzles



experiments



word searches



What is this resource and how do I use it?

This resource includes simple instructions and clear illustrations that will guide your child through the steps needed to tie six essential knots.

What skills does this practise?

Knot-Tying

Motor Skills

Life Skills

Further Activity Ideas and Suggestions

If your child likes working with knots, fabrics and textiles, check out this art and design mega-pack [here](#). They can have a go at upcycling old clothes with this [fashion show activity](#) or this [bunting craft](#).

Parents Blog



Twinkl Kids' TV



Homework Help



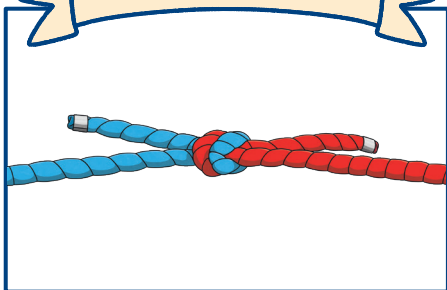
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Parents Hub

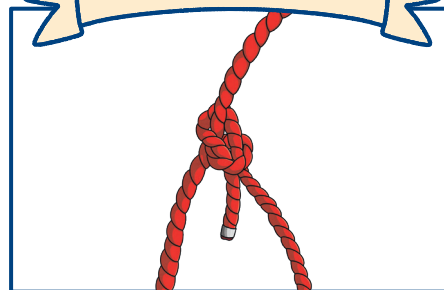
How to Tie Essential Knots Activity

From tying your shoelaces to camping and climbing, being able to tie a knot is an essential life skill. Not only does it encourage focus and concentration, but it also helps promote hand-eye coordination skills. Try fashioning these knots for starters...

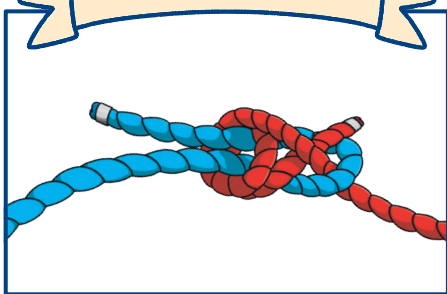
Reef Knot



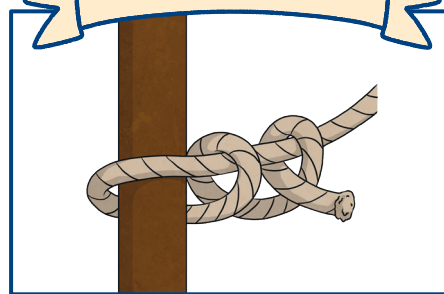
Bow Line



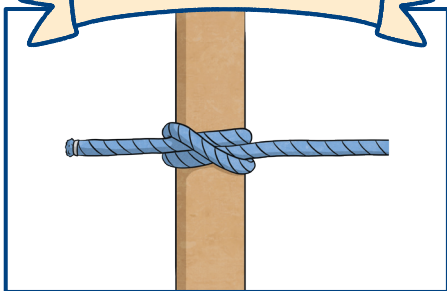
Sheet Bend



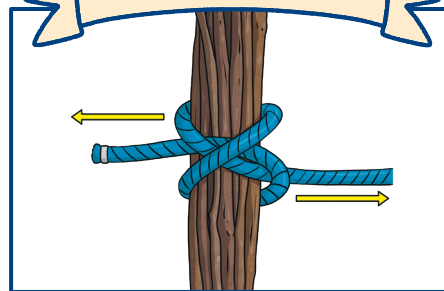
Half Hitch



Clove Hitch

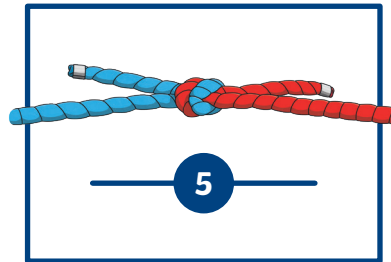
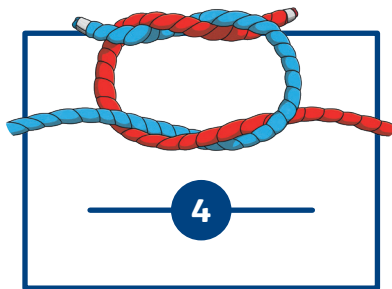
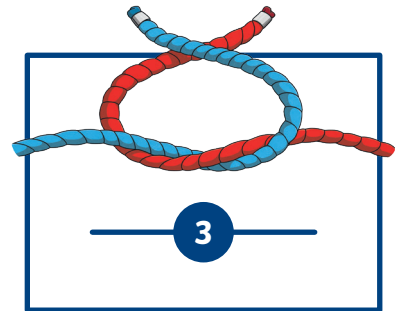
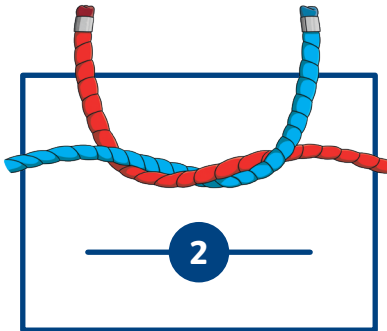
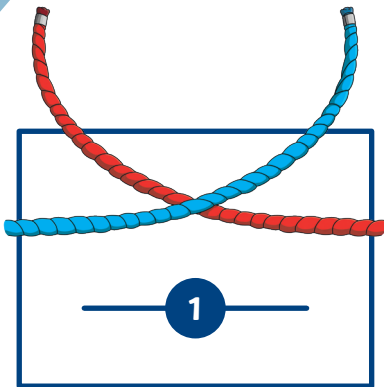


Constrictor Hitch



Reef Knot

Useful for: Tying triangular bandages.



1 — Take two ends of a rope in each hand.

2 — Place the right end of the rope over the left end, tuck it under and pull slightly forming a half knot. You should be holding both sides of the rope again, one in each hand.

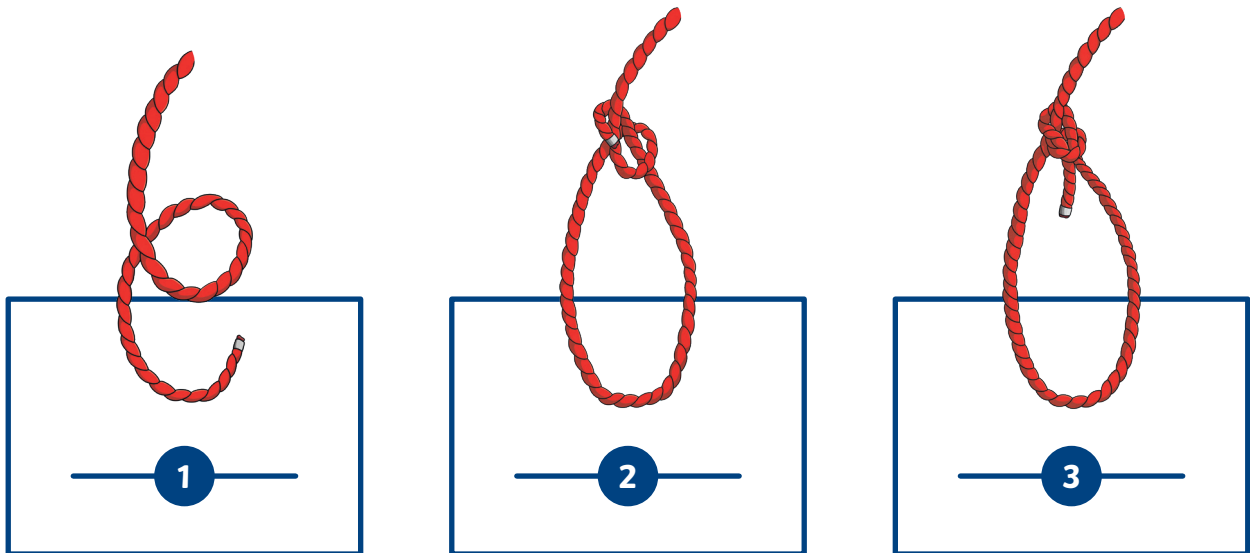
3 — Now, fold the rope so that the left end folds over the right.

4 — Tuck the rope under.

5 — Pull to form the reef knot.

Bowline

Useful for: Forming a fixed loop at the end of a line, useful for mooring boats.



1 — Place the rope over your left hand with the end hanging down. Using your other hand, form a small loop in the line.

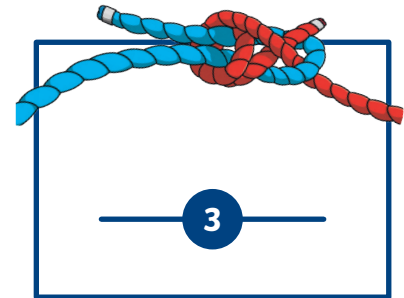
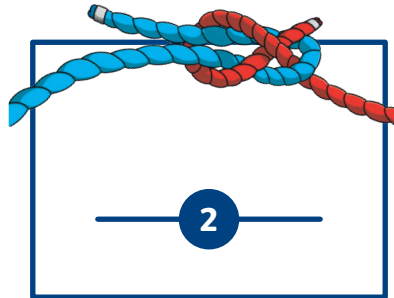
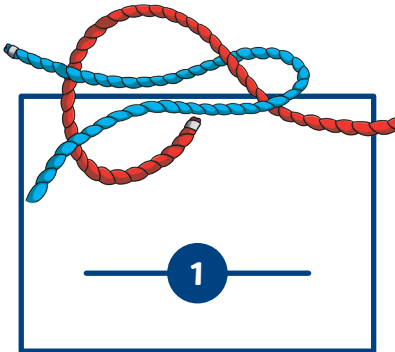
2 — Bring the free end of the rope up and thread it through the loop you've just formed from the underside. Wrap it around the rope hanging down.

3 — Thread the end of the rope back down through the loop and tighten the knot by pulling the end and the part of the rope hanging down.

Twinkl Tip: You can try to remember how to tie this knot by thinking about the rabbit coming out of the hole, going around the tree and back down the hole again.

Sheet Bend

Useful for: Tying two ropes together of different lengths and materials.



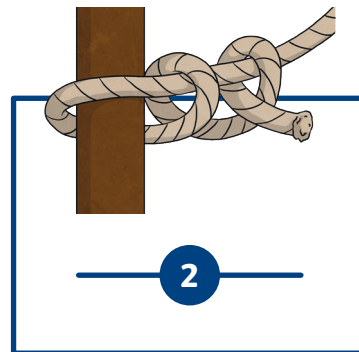
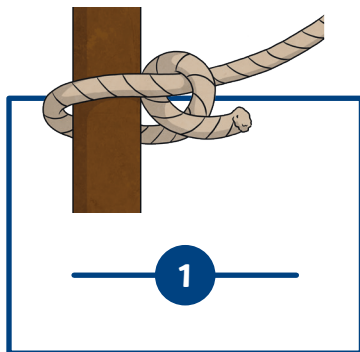
1 — Take one end of a rope and form a loop. Using the end of the rope to be joined, pass it through the loop from the underside and wrap it around both parts of the other rope.

2 — Now, thread the end underneath itself and pull all four ends to tighten the rope.

3 — To form a double sheet bend, wrap the second rope around the two ends of the first rope twice and pull to tighten.

Half Hitch

Useful for: Tying a rope to a tree..

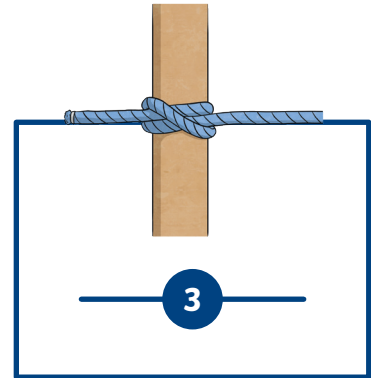
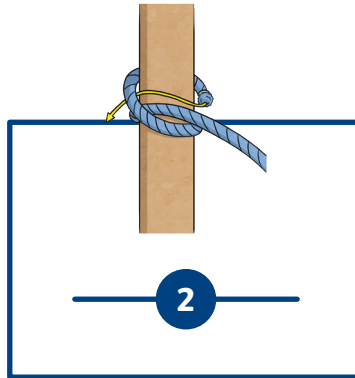
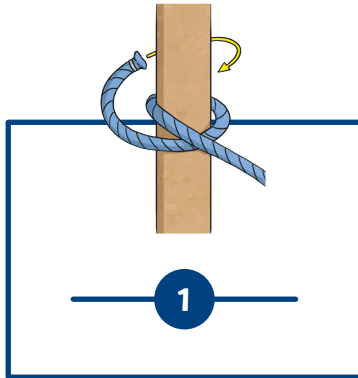


1 Tie the end of a rope around the object you want to tie it to, such as a tree. Next, tuck the free end over and underneath the main line of the rope bringing the end out across the top of the first loop and pull to tighten.

2 To create two half hitches, wrap the end of the rope around the main part twice, going over then underneath the main line of the rope and bringing the end out across the top. Pull to tighten.

Clove Hitch

Useful for: All-purpose binding knot.



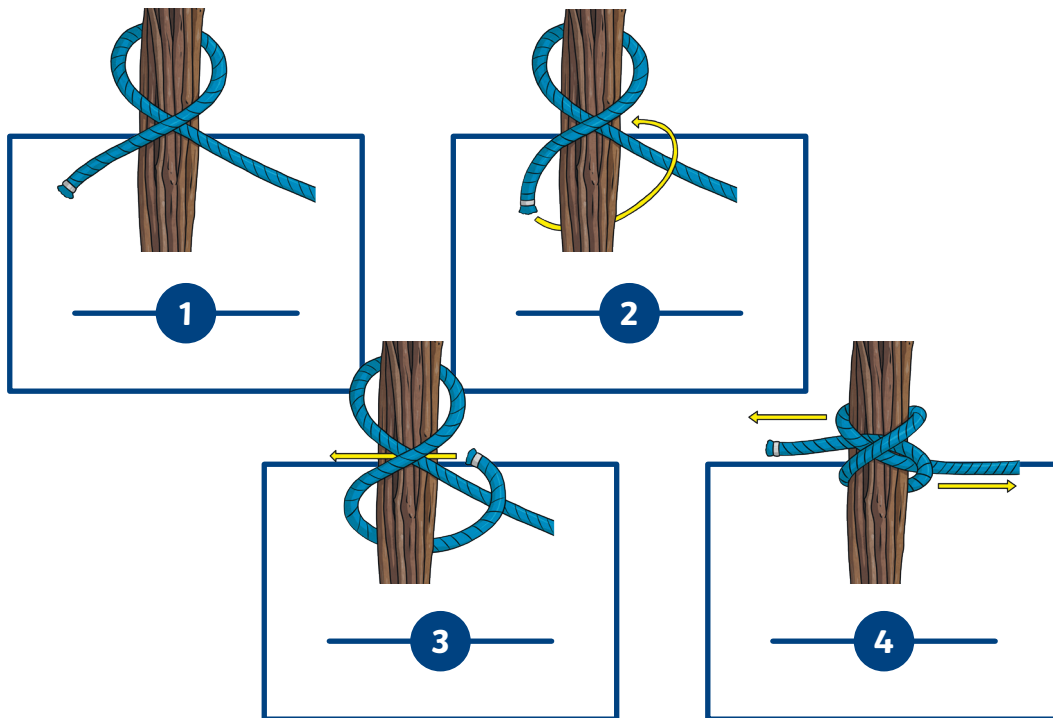
1 — Making sure you have plenty of length at the end, wrap the free end of the rope around a post or tree, bringing it back underneath itself.

2 — Pull it so it crosses over itself and wrap it around the post or tree again.

3 — Thread the free end under the last wrap you made and pull to secure.

Constrictor Hitch

Useful for: Tying up loose objects or the ends of bags.



1 Thread the rope around the back of the objects you want to tie together and cross the ends of the rope over at the front, right over left.

2 Feed the left-hand side of the rope around the back of the objects again.

3 Bring the end of the rope you've just tied around the objects under and over the top of the outlying rope then thread it underneath the cross at the front, making a figure-of-eight formation.

4 Pull both ends tight.

These recipes are intended as a general guide only and involve the use of knives, hot water and kitchen appliances that use considerable heat. It is your responsibility to assess risks and ensure the activity is safe for those participating. We will not be held responsible for the health and safety of those participating and cannot accept any liability. It is also your responsibility to ensure you are fully aware of the allergies and health conditions of anyone making or consuming these products – noting potential allergens included in the ingredients.



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