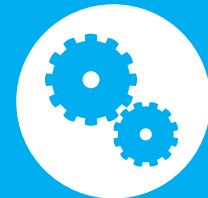


# Tied up in knots



Guiding traditions



45 mins



Challenge yourself

## Aim of activity

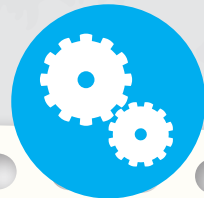
Perfect your bow-tying skills with some fun activities and never again trip over loose laces!

## What you'll get out of it

- Learn and practise a new skill
- Work as a team

## What you'll need

- A timer
- Activity station 1:**
  - 50cm lengths of ribbon, string or thin rope, 2 or 3
- Activity station 2:**
  - Shoe-tying templates (use the picture to create one, or you can print them off from the internet), enough for 1 between 2 girls
  - Shoelaces or a suitable substitute, 6 pairs
- Activity station 3:**
  - Shoes with each lace tied to another shoe, 6 or 7 pairs
- Activity station 4:**
  - Cardboard boxes (optional - wrapped in wrapping paper), 2 or 3
  - Decorating ribbon
- Activity station 5:**
  - 1m lengths of ribbon or fabric, 2 or 3
  - Scissors, 2 or pairs



## Before you start

Your Leader will set up the stations you need. You may want a Leader supervising at each station to help with the challenges.

Since the very start of guiding, it's always been about girls like you exploring new skills that will help you in the future. In this activity, you're going to perfect your knot-tying and test your skills with some fun games!

## What to do

**1** Can anyone tie their shoelaces? Hands up if you can! Does anyone know a rhyme to help tie your shoelaces?

Here's a simple one:  
*Over, under, around and through,  
Meet Mr. Bunny Rabbit, pull and through.*

**2** Some of you will be trying to tie shoelaces for the first time and others may already know how, but it's a useful skill to practise. Your Leader will use two different coloured ribbons to show you how to tie a bow so you can see where each ribbon goes when being tied.

## Top tip

Stiff materials like shoelaces and string are easiest to tie – to challenge yourself, use slippery materials like ribbons.

**3** Now practise tying a bow like your Leader has shown you, using the shoe template.

**4** When you've had some practice, get into pairs and move to a station. More than one pair can be at each station, as long as there are enough things to use. Your Leader will explain what to do at each station and will tell you when to move on – you have five minutes. You can try a challenge more than once if you're keen to improve. You don't need to go round all the stations.

- **Station 1:** In pairs, tie one of your legs to your partner's leg. Then find a space and challenge another pair at the station to a three-legged race!
- **Station 2:** The world record for the most shoelaces tied in one minute, set in 2009, is 31. How close can you get? Use two shoe templates and take it in turns – one of you ties and the other unties so it's ready to tie again.
- **Station 3:** The shoemaker's elves jumbled all these shoes! Untie the bows and make them look tidy ready for the shop window. Your Leader will help get the challenge ready for the next Rainbows.
- **Station 4:** Tie a bow around a present.
- **Station 5:** Mummy on the loose! Use ribbon to wrap your partner's leg or arm, and tie it with a bow to keep it in place.

**5** After 30 minutes, gather together as a group. Who feels their bow-tying skills have improved? Which challenge was the most difficult?