



**Grades
K-2**

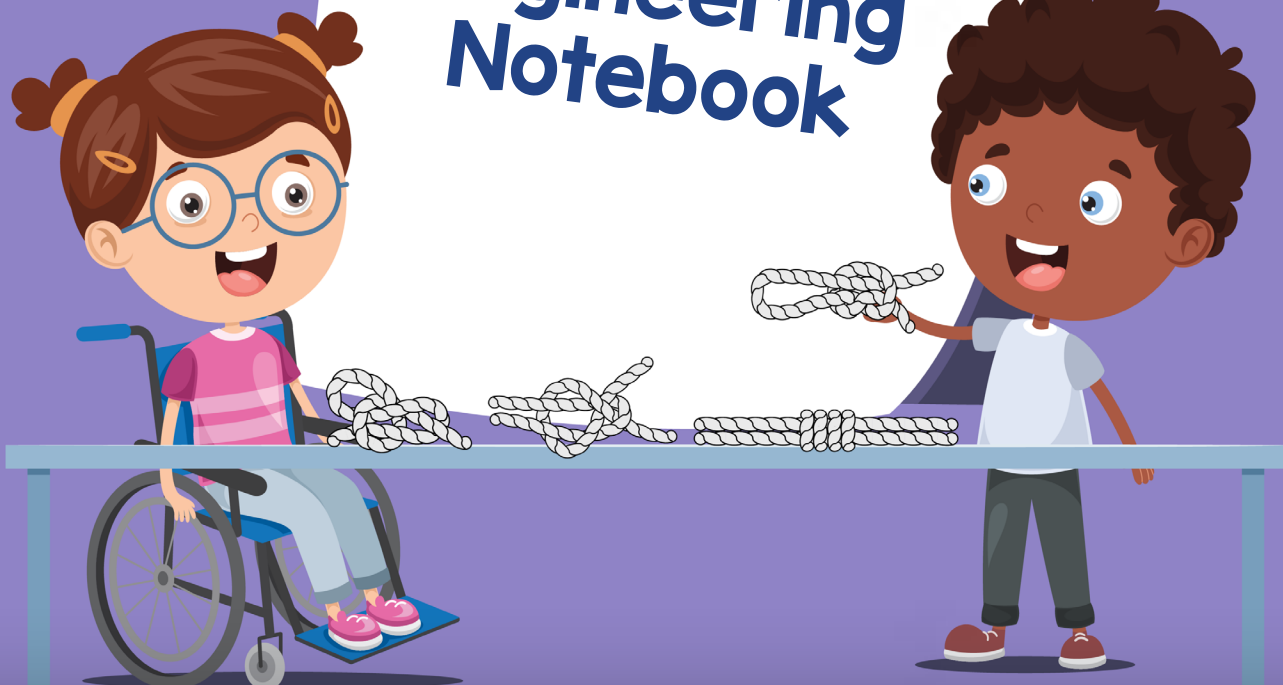
Sailor Knots

Student Activity Workbook

Name: _____

Date: _____

**Engineering
Notebook**



Seaworthy STEM™ in a Box Series

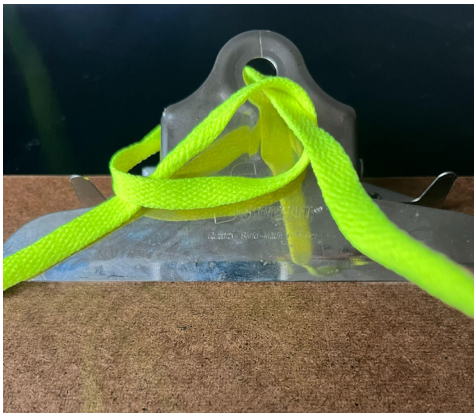
Sailor Knots

I Half Hitch Knot

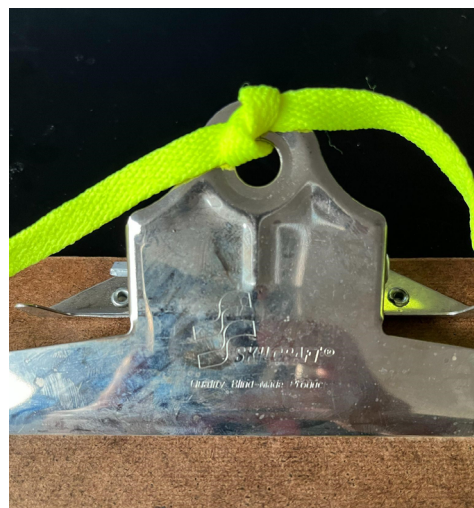
A. Wrap the rope around the support.



B. Pass the end of the rope through the loop.



C. Tighten the rope and a simple half-hitch knot will be created.



2 Double Half Hitch Knot

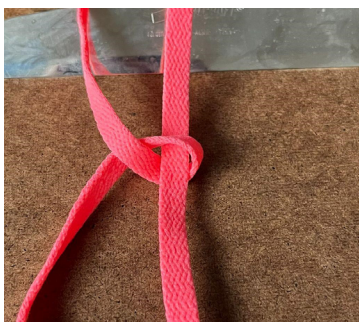
A. Wrap the rope around the support.



B. Pass the end of the rope through the loop.



C. Wrap the end around the standing straight part of the rope.

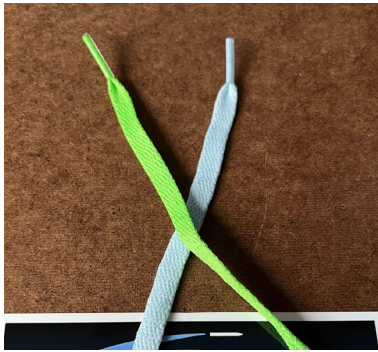


D. Tighten the rope to complete a two half-hitch knot also known as a double half hitch knot.

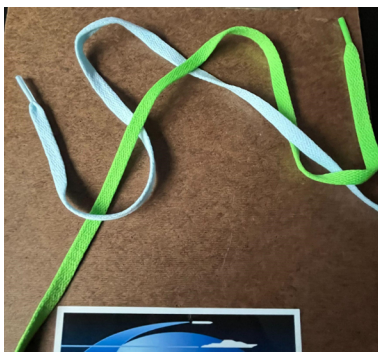


3 Square Knot

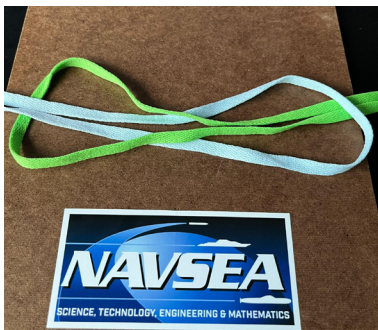
A. Grab both color ropes. Hold an end of a rope in each hand.



B. Pass the right end over and under the rope in your left hand.



C. Pass the rope end in your left hand over and under the rope in your right hand.

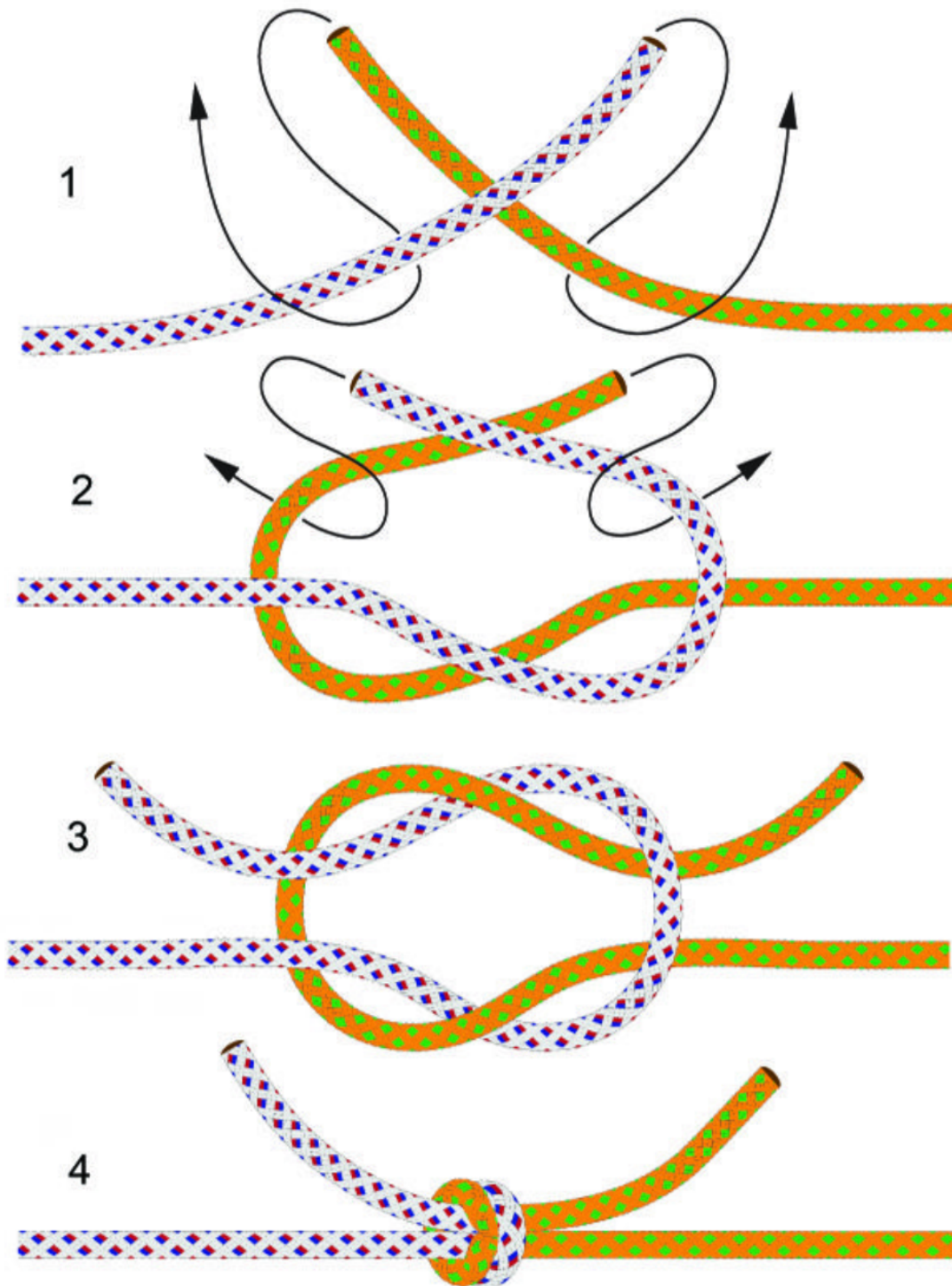


D. Tighten the knot by pulling on both ends at the same time.



As seen in this
handy diagram!

HOW TO TIE A SQUARE KNOT



. Diagram from: Survivallife.com

4 What holds a knot in place?

Handwriting practice area for question 4, featuring a large rectangular box with rounded corners and horizontal blue lines.

5 If you had a longer rope do you think you could tie a stronger knot? Why? Why not?

Handwriting practice area for question 5, featuring a large rectangular box with rounded corners and horizontal blue lines.

Fun Fact!

Shoes create friction between you and the ground which helps you run faster.





Want a challenge?
Try these advanced knots!

Monkey's fist knot

The monkey's fist is a bit of a bonus knot and even though it sounds silly can be an important tool to use at sea! The monkey's fist is used as a weight at the end of the line so it can be thrown from bow to stern or vessel to dock.



Bowline knot

The bowline is the king of sailing knots. It has been in use by sailors continuously for at least 500 years. Simply put, the bowline is way of turning the end of your line into a loop.



#SeaworthySTEM

Sailor Knots Engineering Notebook



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