

Sheet Bend Knot How to



For this activity you will need:

- 2 pieces of rope of different thicknesses



1. Bend the thicker rope on itself to create a loop.



- Grab the end of the thin rope. Insert this end into the loop **under** the thick rope.



- Pass the end of the thin rope out of the loop **over** the thick rope.



- Pass the end of the thin rope **under** both sides of the loop.



5. Pass the end of the thin rope **over** the thick rope and then **under** itself.



6. Pass the end of the thin rope **under** both sides of the loop.



7. Pass the end of the thin rope **over** the thick rope and then **under** itself.



8. Grab the end of the rope and pull to tighten your knot.



9. You are all done!

