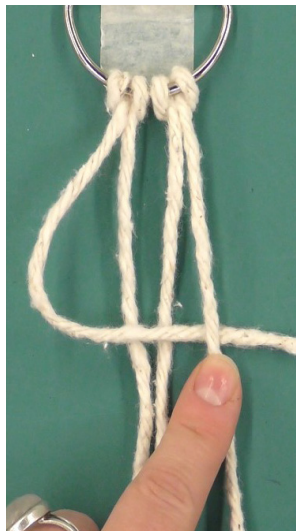


**Lark's Head Knot:** Use a piece of tape to secure one of your "D" rings to your work surface – check with an adult first to make sure that's okay. Measure two feet of rope and cut, fold the rope in half, and slip the loop under and through your D ring. Insert the two loose ends of your rope through this loop and pull tight.

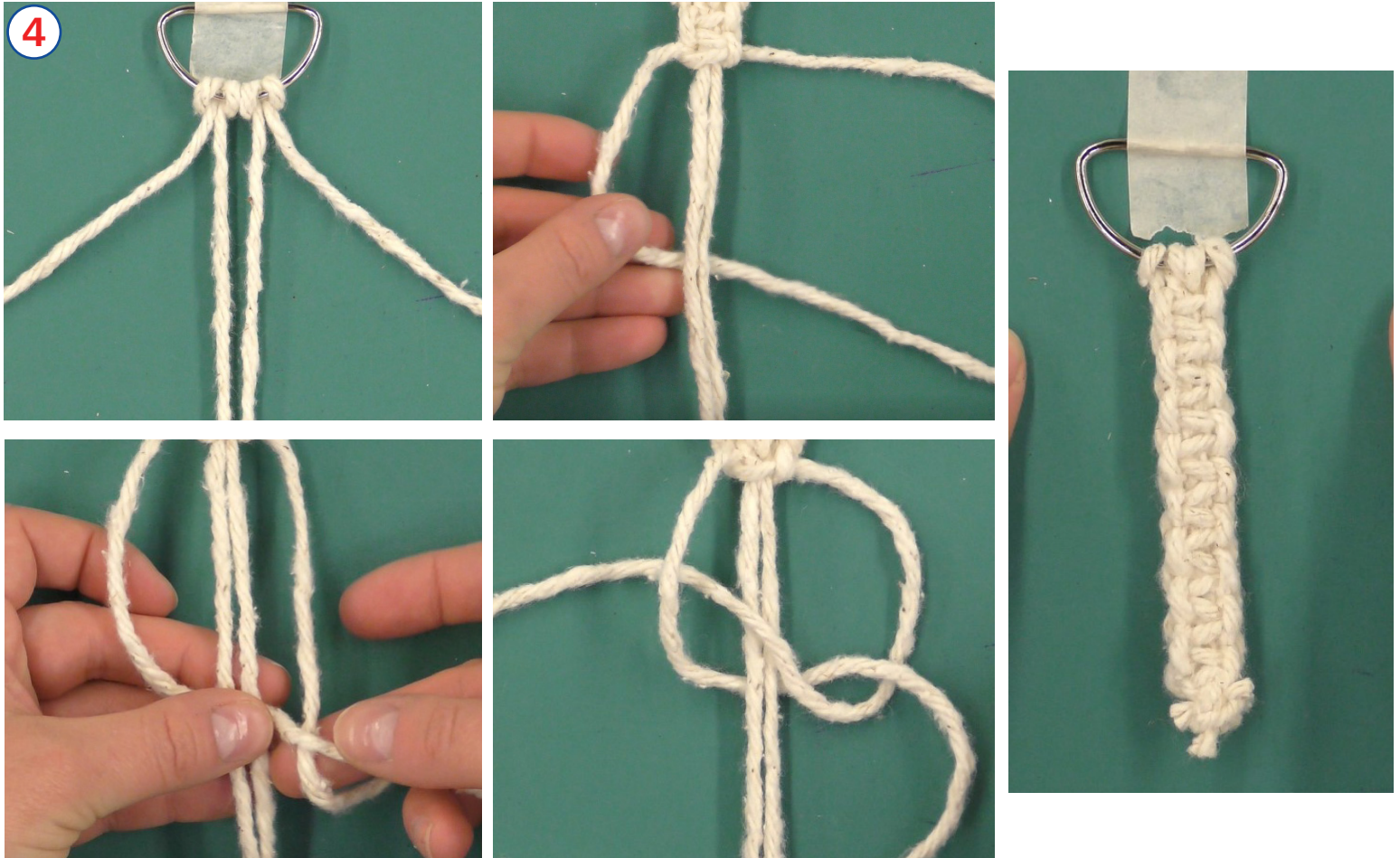
**Half Hitch Knot.** With two lengths of rope in front of you, take the left rope and cross it **over** the top of the right rope, forming a number 4 shape. With the loose end of your top rope, pull it **underneath** the right rope and pull it through the loop you've created. Pull the knot tight. Repeat the half hitch knot using the left rope again to form a number 4 shape over the right rope, pull the loop back to the left **under** the right rope, and pull the knot tight. Repeat the knot as many times as you like, remembering to always form your knot with the left side rope. When it is long enough to form your keychain or bracelet, tie a double knot to secure your work, and cut any extra length of rope.



**Half Square Knot.** Grab the second D ring in your supplies and tape it to your work surface. Measure two lengths of 2-foot-long rope. One rope at a time, fold in half and form a **Lark's Head** knot around the D ring. You should now have two lark's head knots and four strands of rope to work with. Separate the two outside strands of rope, and tape them down to your work surface, at the ends. Starting with the left strand again, form a number 4 shape that goes **over** the two center pieces of rope. Take the right strand, bring it **over** the number 4 shape, **under** the three strands and pull through the hole in the 4 shape. Pull both outside ropes to tighten the knot. Repeat this knot, again making sure to form your number 4 with the left strand of rope, and pull the right strand over, under, and through the hole in the 4. Repeat the Half Square knot as many times as you like. To finish, tie a normal knot with your two outside ropes and then tie a knot with the two inside ropes. Trim the end of the ropes as needed.

**For more information please go to [youthfiberart.org](http://youthfiberart.org)**

\*Materials in kit may differ from ones pictured.



**Square Knot.** Tape the third D ring to your work surface. This time, measure 2 lengths of 3-foot-long rope, and form two **Lark's Head** knots on the D ring just like last time. Again, separate the two inner ropes and tape them to the work surface at the end of the strands. To begin the full **Square Knot**, start with a **Half Square Knot**, the previous knot you learned. Form a 4-shape with the left rope going over the two center ropes, bring the right rope over that 4-shape and then underneath the center ropes and through the hole in the 4-shape. Next, form a 4 shape with the left rope, except bring it **under** the center ropes to the other side. With the right rope crossing **under** the tail of the left rope, bring it up and **over** the 4-shape and push it through the loop of the 4-shape. This part can be pretty complicated – refer to the video to make sure you have the two knots correct! Continue switching between the two different knots – you should see a row of knots forming that lays flat, instead of curling around like the **Half Square knot**. Keep forming knots until the project has the right length for you. To finish, tie a normal knot with the two outside ropes, and tie a knot with the two inside ropes. Trim the end of the ropes as needed.