



How to...

tie knots!

Session Ideas



Knots a race



Instructions

- Give everyone a length of rope.
- Everyone should line up at the start line with their rope, making sure they stay a safe distance from each other.
- Call out the name of a knot or a hitch, and each player should try to tie it.
- Anyone who ties it correctly can step forward to the next marker.
- Repeat until someone crosses the finish line.

Islamic Principle

Learning the different kinds of knots and their uses takes practice! Let's use this session to reflect on our own patience . We should do every action with Ihsan - so practice perfecting this skill and don't give up.

The Prophet Muhammad SAW said, "Indeed, Allah loves that when any one of you does a job, he should perfect it." [Sahih al-Bukhari, 6130]





Challenge Capture



Instructions

1. Place a box at one of the space and put the lengths of paracord at the other end.
2. The young people should tie their cords securely together and create a loop or hook at the end.
3. The young people can either choose the knot they want to use, or you could select a knot for them to try.
4. The first team to successfully retrieve their box back to the starting point wins!

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