



Skills Patch

This program is designed to be a leader's guide to teach basic skills in knife use, fire building, trail signs, introduction to compass, and knots. For resource information, refer to the camping manual provided through Girl Scouts of Middle Tennessee outdoor skills. These activities work well in a Wide Game format. Allow 45 minutes for each station + 10 minutes for girls to move from one station to another.

- A. **Knife Etiquette** -- teach how to open and close properly, how to take proper care of a knife, know good knife manners, know the safe use of a knife. Try one program idea. If knives are not available or if you do not feel the girls are ready to handle real knives, try making the cardboard knives demonstrated at camping skills training.
- B. **Fire Building** -- demonstrate different types of fires, explain components of fire (oxygen, tinder, kindling, fuel) gather three different types of fire materials, have them build a practice fire using the edible campfire (refer to camping skills 1). Explain fire safety and correct way to put out a fire. If time allows, build a real fire.
- C. **Trail Signs** -- teach types of trail signs and practice using them. Divide into two groups - each one lays a trail and then the other group follows it.
- D. **Introduction to compass** -- teach parts of the compass and cardinal points. Play one of the games from camping skills training. (Compasses can be checked out of the Resource Center for troop use.)
- E. **Knots** -- Practice tying basic knots (don't let the girls get too frustrated in their attempts). Play a few knot games, put up a clothes line or "rescue" someone using a bowline or try making a friendship knot. Make it fun not work!