

Outdoor Skills Challenge Activity

Knives

Learn about knife safety and build your knife skills! Girl Scouts will practice using a peeler, a jackknife to carve sticks, and a paring knife to cut fruit.

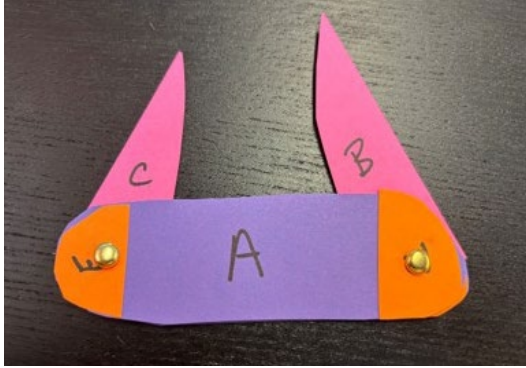
By completing the level-appropriate activities in this guide (see chart below), you'll earn your Knife Skills Rocker!



Earn this
rocker this
month!

| | Daisy | Brownie | Junior | Cadette | Senior | Ambassador |
|--|-------|---------|--------|---------|--------|------------|
| Safety | ★ | ★ | ★ | ★ | ★ | ★ |
| Plastic Knife, banana | ★ | | | | | |
| Peeler and Chocolate | | ★ | | | | |
| Pocket Knife Marshmallow stick (open, close, pass, clean) | | | ★ | ★ | ★ | ★ |
| Pocket knife and fuzz stick (sharpen) | | | | ★ | ★ | ★ |
| Paring knife and edible food | | | | ★ | ★ | ★ |
| Pocket knife and whittling shape | | | | ★ | ★ | ★ |

Knives



Paper Knife



Peeler



**Jackknife or
Pocketknife**



Paring Knife

Knives

Paper and Plastic Knives D

MATERIALS

- Paper knife outline
- Pencil
- Glue stick
- Cutting board
- Three colors cardstock
- Paper brad fasteners
- Plastic knives
- Optional: Crayons for decorating
- Scissors
- Single hole punch
- Bananas

OBJECTIVE:

- Girl Scouts will be able to safely pass a knife and make a simple, easy cut.

Safety (Activity One)

1. Ask the Girl Scouts what they know about knife safety. Draw out the following answers or insert them yourself.
 - a. Only use under adult supervision.
 - b. Make sure there is a safety circle around where the knife is being used. Holding a closed knife, or handle side out, gently spin in a circle with your arm straight out. During that spin, you should make sure that your circle is clear and safe.
 - c. Keep a jackknife closed when not in use.
 - d. Always close a knife before walking or hold a knife by the handle with the blade pointing towards the floor at your side.
 - e. Cut away from the body.
 - f. Hold the handle firmly, never hold the blade while cutting.
 - g. Close a jackknife before passing. Hold a knife that you can't close, like a paring knife, by the backside of the blade and extend the handle. The receiver should acknowledge that they have it by saying "Thank you."
 - h. Always keep a knife sharp, dull knives are dangerous.

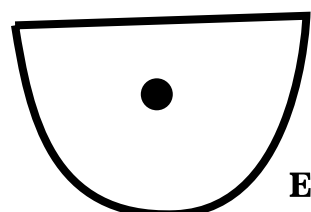
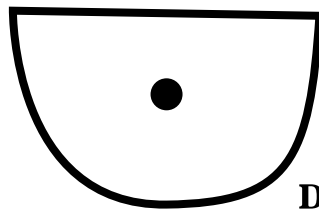
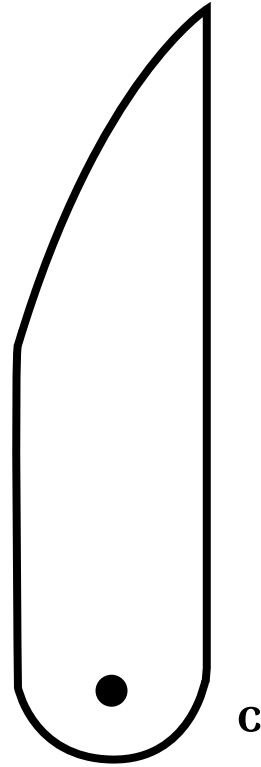
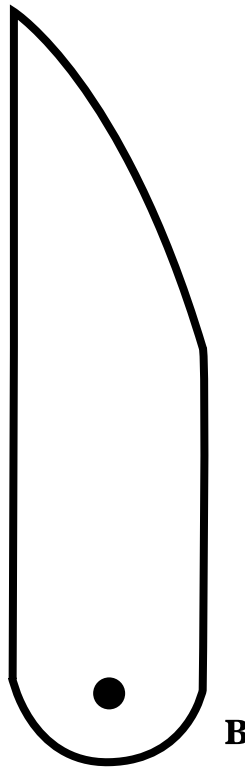
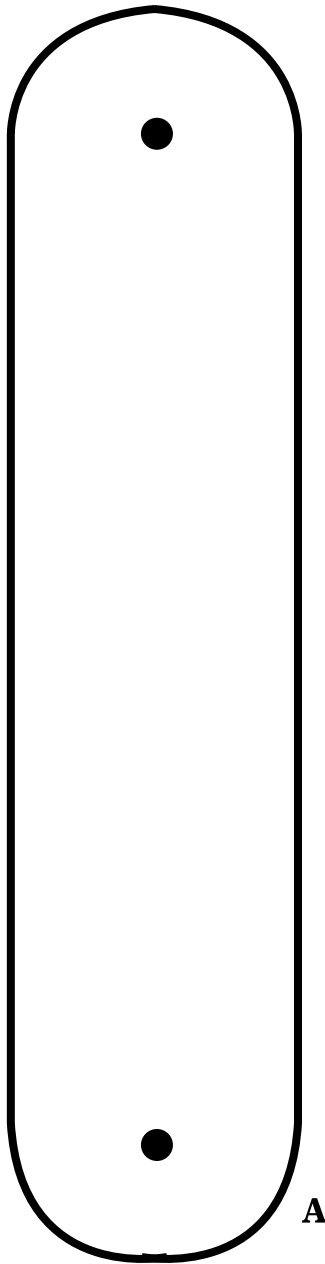
Paper Knife (Activity Two)

1. Have each Girl Scout construct their own paper knife. Give time to decorate.
2. Practice passing the paper knife to each other safely.
 - a. With a partner, have one Girl Scout set their knife aside.
 - b. Have the other Girl Scout open their knife, close the knife, and pass the knife. Listen for the "Thank you."
 - c. Switch partners.
 - d. For the second round, tell the Girl Scouts to open the knife, then tell the Girl Scouts to pass the knife. See how many close the knife before passing. If they do not, remind them to close the knife before passing.

Cutting a Banana (Activity Three)

1. Pass a plastic knife to one Girl Scout, down the line.
 - a. Make sure the Girl Scouts are passing the plastic knife by holding the dull end of the blade, with the blade pointed down. Listen for the "thank you" each time it is passed.
 - b. Instruct Girl Scouts to make sure they have their safety circle.
2. Set out a cutting board and banana in front of each Girl Scout.
3. Holding the handle firmly in one hand, have the Girl Scouts cut slices of a banana. Make sure they are using the blade side and that they are cutting down, away from their body.

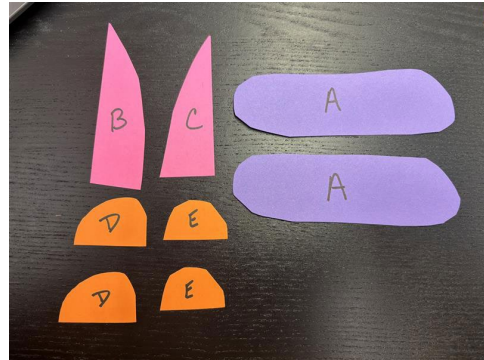
Paper Knife Template



Paper Knife Instructions

STEP 1

- Cut out five pieces of the knife to use as stencils.
- Cut two of piece **A** in one color.
- Cut one of each **B** and **C** in a second color.
- Cut two of each **D** and **E** in a third color.



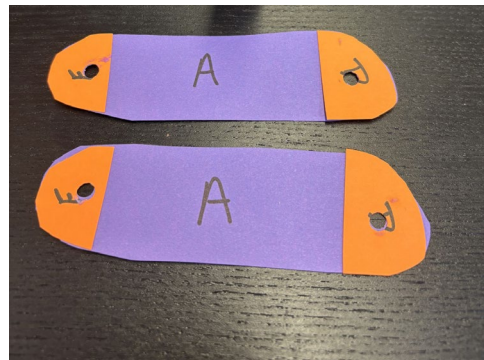
STEP 2

- Punch holes out in each piece as shown.



STEP 3

- Glue one **D** and one **E** piece on each **A** piece.



STEP 4

- Make a sandwich of one **A** piece, one **B** piece, and one **A** piece. Use a paper brad fastener to connect them.
- Making sure that the flat edge of **B** and **C** are on the same side of **A**, use a paper brad fastener to connect both pieces of **A** with **C** in the middle.



Knives

Using a Peeler **B**

MATERIALS

Vegetable peelers

Wax paper

Chocolate bars

OBJECTIVE:

- Girl Scouts will be able to safely use a peeler.

Safety (Activity One)

1. Ask the Girl Scouts what a peeler is used for.
 - a. Answers will likely include vegetables like potatoes and carrots.
2. Explain that it can also be used on chocolate for yummy desserts!
3. Explain that knife and peeler safety are the same. Discuss general knife safety:
 - a. Only use under adult supervision.
 - b. Make sure there is a safety circle around where the knife is being used. Holding a closed knife, or handle side out, gently spin in a circle with your arm straight out. During that spin, you should make sure that your circle is clear and safe.
 - c. Keep a jackknife closed when not in use.
 - d. Always close a knife before walking or hold a knife by the handle with the blade pointing towards the floor at your side.
 - e. Cut away from the body.
 - f. Hold the handle firmly, never hold the blade while cutting.
 - g. Close a jackknife before passing. Hold a knife that you can't close, like a paring knife, by the dull side of the blade and extend the handle. The receiver should acknowledge that she has it by saying "Thank you."
 - h. Always keep a knife sharp, dull knives are dangerous.

Chocolate (Activity Two)

1. Have Girl Scouts create a safety circle for themselves.
2. Give each Girl Scout a peeler, piece of wax paper, and chocolate bar.
3. Instruct the Girl Scouts to hold the chocolate bar firmly in their non-dominant hand, taking care to keep their fingers and knuckles away from the section that they would be using the peeler on.
4. Have the Girl Scouts peel away from themselves in a downward motion, letting the shavings fall on the wax paper.
5. When the Girl Scouts are finished, the Girl Scouts can eat their chocolate.



Shavings could be used to garnish another dessert, or could be melted down to dip fruit into.

Knives

Using a Pocketknife J C S A

MATERIALS

Jackknife

Stick

OBJECTIVE:

- Girl Scouts will be able to safely use a jackknife to carve a stick for roasting marshmallows.

Safety (Activity One)

1. Discuss general knife safety.
 - a. Only use under adult supervision.
 - b. Make sure there is a safety circle around where the knife is being used. Holding a closed knife, or handle side out, gently spin in a circle with your arm straight out. During that spin, you should make sure that your circle is clear and safe.
 - c. Keep a jackknife closed when not in use.
 - d. Always close a knife before walking or hold a knife by the handle with the blade pointing towards the floor at your side.
 - e. Cut away from the body.
 - f. Hold the handle firmly, never hold the blade while cutting.
 - g. Close a jackknife before passing. Hold a knife that you can't close, like a paring knife, by the dull side of the blade and extend the handle. The receiver should acknowledge that she has it by saying "Thank you."
 - h. Always keep a knife sharp, dull knives are dangerous.
9. Discuss opening and closing a jackknife.
 - a. To open, firmly hold the handle in one hand. With the other hand, put a finger nail in the slot of the blade and pull with two fingers until the blade locks in an open position.
 - b. To close, do the reverse of opening. Hold the handle firmly in one hand. With the other hand, take two fingers push the dull end of the blade down, until it is completely covered by the handle.

Carving a Stick (Activity Two)

1. Have each Girl Scout sit in a space that they can have a safety circle around them.
2. Let them choose a stick to sharpen, one that is not too flimsy, but not too thick. Think a little thinner than a Sharpie marker.
3. Give each Girl Scout a jackknife, making sure they say, "thank you" as they receive the knife.
4. Instruct the Girl Scouts to safely open their knife.
5. After opening, have the Girl Scouts make cuts in a downward motion, away from their body, holding the handle firmly in one hand and not touching the blade.
6. Have the Girl Scouts rotate their stick to strip the bark off the end and create a point they can poke a marshmallow with.
7. After finished, have the Girl Scouts safely close their jackknife.

What else could Girl Scouts use this skill for while camping?

Knives

Sharpening a Pocketknife C S A

MATERIALS

| | |
|------------|------------------|
| Stick | Sharpening stone |
| Jackknives | Water or oil |

OBJECTIVE:

- Girl Scouts will be able to safely carve a stick.

Safety (Activity One)

1. Discuss general knife safety.
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 - h. Always keep a knife sharp, dull knives are dangerous.
9. Discuss opening and closing a jackknife.

Fuzz Stick (Activity Two)

1. Have each Girl Scout choose a stick, about a foot long and about as thick as their thumb.
2. Give each Girl Scout a jackknife and have them find and create their own safety circle.
3. Instruct the Girl Scouts to start at one end and make long thin cuts, letting the cut piece curl. Girls should stop cutting before getting to the end of the stick.
4. They should continue around the stick and down the stick, creating what looks sort of like a pine tree.
5. When finished, they can use their fuzz stick as a fire starter.



Sharpening (Activity Three)

1. When finished their project, or when they feel their knife is getting dull, the Girl Scouts should sharpen their knife.
2. Use a sharpening stone and either wet it with water or oil.
3. Slide the knife blade in a circular motion on the stone. The blade should lie flat, slightly tilted, so that the sharp part of the blade is contacting the stone and the dull part is slightly lifted.
4. Flip the blade over and sharpen the other side.
5. Safely close the knife before putting it away.
6. Remember dull blades are dangerous, so keep your knives sharp!

Knives

Paring Knife



MATERIALS

| | |
|----------------|---|
| Paring knives | Fruit (lemons, oranges, apple, bananas, watermelon) |
| Cutting boards | |
| Toothpicks | |

OBJECTIVE:

- Girl Scouts will be able to safely use a paring knife to create art out of food.

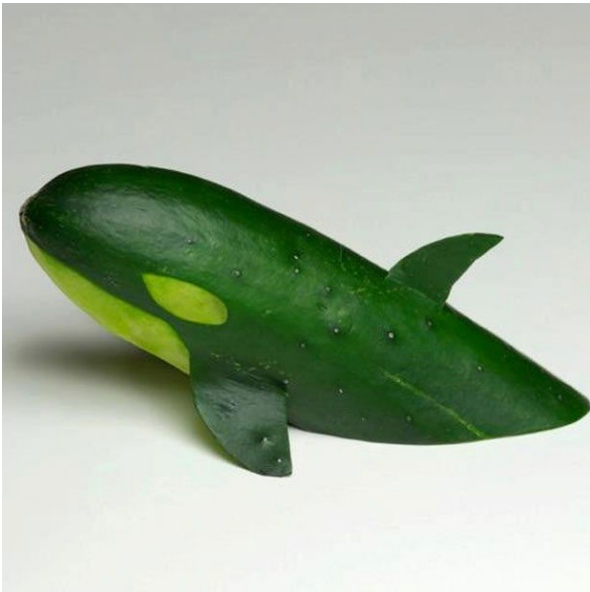
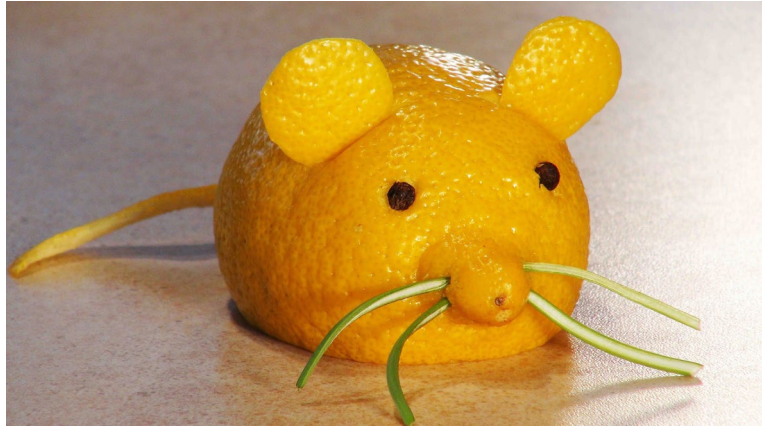
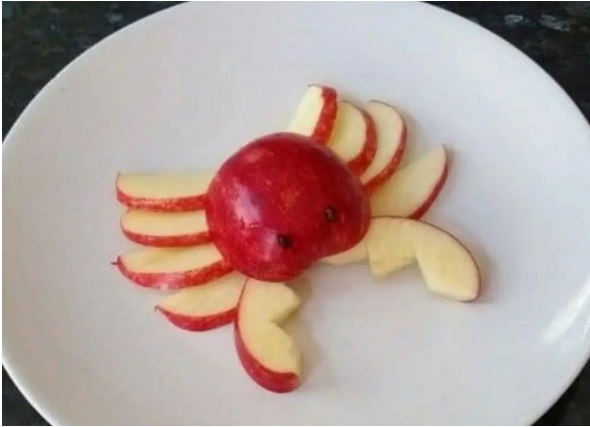
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 - g. Always keep a knife sharp, dull knives are dangerous.

Fruit Art (Activity Two)

1. Have the Girl Scouts decide what fruit they would like to carve.
2. Have the Girl Scouts take the fruit, their knife, and a cutting board to a safe spot in the room and make sure they have a safety circle.
3. Let the Girl Scouts decide if they are creating their own art from a blank canvas or they are doing a fruit animal from the suggested pictures on the next page.
4. Remind Girl Scouts to cut away from their bodies and keep their other body parts away from the cutting.
5. When finished, have the Girl Scouts put out an art show of each of their fruit creations and let the other Girl Scouts walk around and admire them.

Fruit Art Examples



Knives

Whittling C S A

MATERIALS

Jackknife Thumb guard or duct tape
Soft wood such as pine, balsa Sharpening stone, water or oil
Pencils

OBJECTIVE:

- Girl Scouts will be able to safely whittle an egg.

Safety (Activity One)

1. Discuss general knife safety.
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Prep (Activity Two)

1. Each Girl Scout should have a block of wood, a sharp knife, pencil, and a thumb guard.
2. If no thumb guards are available, create your own using duct tape.
 - a. Circle the thumb sticky side up with duct tape, taking care that it is snug, but not tight as to cut circulation off.
 - b. Wrap that sticky side down with duct tape. 4-5 layers of duct tape should be used.
3. Make sure each Girl Scout has their safety circle.
4. Using the pencil, divide the block of wood into thirds on all sides. Creating a line all the way around.

Whittling an Egg (Activity Three)

1. Holding the knife firmly in hand, start at the one third line and cut to the end of the block. This will cut off the corners and start to form the fat end of the egg.
2. Continue to this motion, turning the block of wood each time, until the end is rounded and the corners are no longer there.
3. Now, flip the block over, and do the same thing, except this time, take more off the corners, as this will be the skinnier end.
4. Continue to this motion, turning the block of wood each time, until the end is rounded and the corners are no longer there.
5. When the skinny end is rounded, start with motions to connect the two ends to finish your egg shape.
6. The closer you get to completion, the finer the strokes will be.
7. Optional - you can sand your egg and paint it!