

## 3<sup>rd</sup> Grade Rainbow Skills



- Lay an A frame Fire
- Tie a Square Knot
- Cut Firm Food
- Learn Trail Signs
- Know Gear Needed for Overnight Camping
- Learn Girl Scout Law, Motto and Slogan
- How to Teach Songs
- Teach song to Tagalongs

### FIRE SAFETY

#### Types of Firewood:

Tinder - This is material that catches on fire easily and may be used to start a fire. Dried meadow grasses, dryer lint or twigs smaller than a pinkie finger are examples of tinder. To remember which type of firewood is smallest think of it was *tiny tinder*.

Kindling - Wood between tinder and fuel (pinkie to arm width) is kindling. This wood burns faster than fuel and produces more flames but great quantities are needed to sustain a fire.

Fuel - This is the thick wood that keeps a fire going, usually larger than arm width.

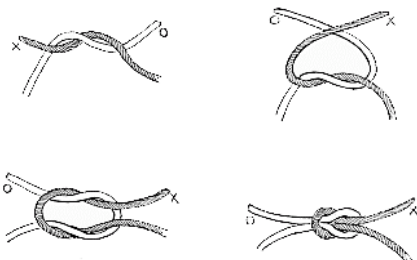
#### Tips for success:

- ❖ Start with a small fire and build up.
- ❖ Angle the fire so that any draft will blow under it.
- ❖ Light the tinder from underneath (keep in mind heat rises).
- ❖ Add kindling as tinder is started.
- ❖ Use dry, dead firewood.
- ❖ To test the wood, break it, if it snaps it should burn well.
  
- ❖ Make sure everyone knows “Stop. Drop. Roll.”
- ❖ Don’t let young children play near the fire.
- ❖ Circle the pit with rocks or be sure it already has a metal fire ring.
- ❖ Clear a 10-foot area around the pit down to the soil.
- ❖ Make sure there are no tree branches hanging over the fire.
- ❖ Keep plenty of water handy and have a shovel for throwing dirt on the fire if it gets out of control.
- ❖ Keep a “critter” stick in the water bucket to stir the fire.
- ❖ Stack extra firewood upwind and away from the fire.
- ❖ When lighting or working with the fire, tie back long hair, don’t wear loose clothing, and make sure nothing is dangling in the fire (such as nametag, bandana, or jewelry).
- ❖ When lighting or working with the fire you should have three points of contact with the ground (both feet and a hand; both knees and a hand; one foot, one knee, and a hand) so that you don’t lose your balance and fall into the fire.
- ❖ Keep the campfire small. A good bed of coals or a small fire surrounded by rocks give plenty of heat.
- ❖ After lighting the fire, make sure your match is out cold. Either put it in the fire or drop into the water bucket.
- ❖ Never leave a campfire unattended. Even a small breeze could quickly cause the fire to spread.
- ❖ When extinguishing the fire drown the fire with water. Make sure all embers, coals, and sticks are wet. Move rocks, there may be burning embers underneath. Stir the remains, add more water, and stir again.
- ❖ Move your bare hand over the wet wood to feel for hot spots. Make sure that no roots are burning. Do not bury your coals - they can smolder and break out.

### A FRAME

**Make an “A” flat on the ground with 3 sticks of kindling. Place tinder on the crosspiece, leaving room for air circulation underneath. In 3 point stance, strike the match and light under the tinder. As the fire catches, add more tinder and some kindling. Gradually, add larger kindling and small fuel. Keep the fire compact.**

## SQUARE KNOT



You cannot make a mistake in tying the square knot if you remember to notice which end is on top, or laps over the other rope when the first single tie is made, and then be sure to lap this same end over the other end in making the second tie which finishes the knot.

1. Begin the square knot with the single first tie. You see the end X turns up over the other rope while the end O laps under the rope.
2. Now bring the two ends together, lapping X over O.
3. Then pass X back under O, making the single tie once more.
4. Draw the square knot tight and it should look like the last image above.

Notice in the drawing that the ends of rope X are both over the right-hand bight, and the ends of rope O are both under the left-hand bight

## GEAR FOR OVERNIGHT

- Warm jacket
- Knit hat and gloves
- Sweatshirt or sweater
- Bandana
- Rain gear
- Waterproof boots
- Long pants
- Extra shoes
- Underwear
- Plastic bags for dirty clothes
- Toiletries (toothbrush, brush, etc.)
- Medications
- Sleeping bag
- Ground cloth
- Pad or air mattress
- Extra blanket
- Pillow
- Warm sleeping clothes
- Mess Kit
- Drinking water
- Flashlight
- Sit upon
- Pocket knife
- Compass and map
- Sunscreen and hat
- Insect repellent

## GIRL SCOUT LAW

I will do my best to be honest and fair,  
 Friendly and helpful, considerate and caring,  
 Courageous and strong,  
 and responsible for what I say and do.  
 And to respect myself and others.  
 Respect authority,  
 Use resources wisely,  
 Make the world a better place,  
 And be a sister to every Girl Scout.

## GIRL SCOUT MOTTO

## TRAIL SIGNS

### THIS IS THE TRAIL



### THIS TRAIL NOT TO BE FOLLOWED



### HIDDEN MESSAGE



### CHANGE DIRECTION



“Be Prepared”

## GIRL SCOUT SLOGAN

“Do a good turn daily”