**Overhand Knot (Hug & Cuddle)**

**Method**

1. Lay your rope out like 2 arms.
2. Cross one arm over the other to make the rope 'hug.'
3. Take the arm thats underneath and lift it upwards.
4. Then pass it underneath the loop to make the 'cuddle.'
5. Pull the arms tight to make the cuddle secure!
6. (This can be repeated to make it even more secure.)

*Please use this resource in conjunction with our String & Rope Activities Risk Assessment*