

# Make some Celtic 'trinity knots' from ready made pastry or bread dough



## For leaders

For younger groups use the ready rolled pastry you can buy in the supermarkets or pre-prepare the pastry/dough before the meeting and give clear easy to follow instructions for the knots. For inbetweenies get them to make the pastry/dough themselves and give them clear instructions and for older groups get the young people to make the pastry/dough and give them only a picture of the finished knot, no instructions!

## Age 14 - 18

## Age 5 - 7

## Age 7 - 11

## Activity details

### This activity counts towards...



- St. Patrick's Day

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£/Free Day/Night	Indoors
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| <input type="checkbox"/> 11 - 14          | <input checked="" type="checkbox"/> 14 - 18 |
| <input checked="" type="checkbox"/> 5 - 7 | <input checked="" type="checkbox"/> 7 - 11  |
| <input type="checkbox"/> 3 - 5            |   |
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|--|--|
| <input checked="" type="checkbox"/> Autumn | <input checked="" type="checkbox"/> Spring |
| <input checked="" type="checkbox"/> Summer | <input checked="" type="checkbox"/> Winter |
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### Skills:

- Decision making
- Fine Motor Skills
- Imagination
- Observation
- Problem solving
- Research
- Time management

### Equipment:

- Butter
- Dried Yeast
- Flour
- Picture of a Trinity Knot
- Ready Made Pastry
- Sugar