The four open strings: G, D, A, E. Note that G is the lowest and E is the highest.

In music we use 7 letters for the notes: A B C D E F G. After G you go back to A:
A B C D E F G A B C D E F G

Now try writing them in below:

When you put your first finger on the tape, the note goes up by one letter.

When you put your second finger on the tape, you go up one note from your first finger.

Your third finger is another note past the second finger.