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

Now try writing them in below:

When you put your first finger on the tape, the note goes up by one letter (remember, G is followed by A)

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

Let's try it coming back down!