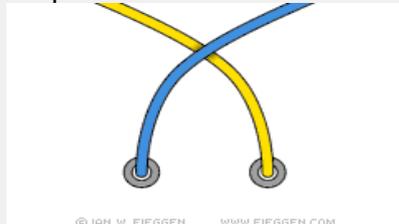


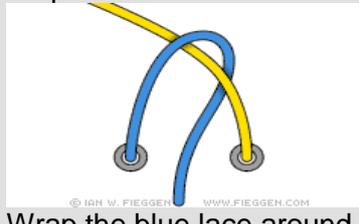
Tying up shoelaces

Step 1:



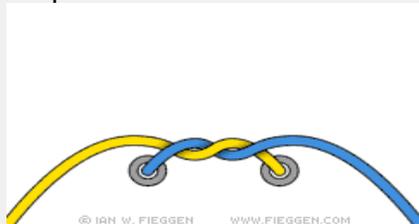
Cross the left (blue) end over the right (yellow) end. The left (blue) end is now on the right side. "Build a Tee-Pee..."

Step 2:



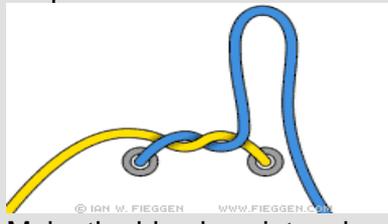
Wrap the blue lace around the back of the yellow lace and through the gap between the laces. "Come inside..."

Step 3:



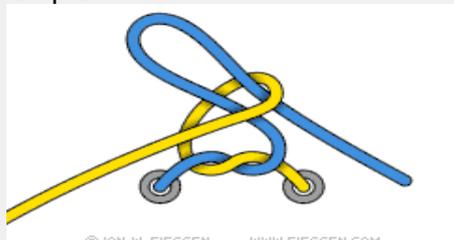
Pull both ends tight to complete the knot. "Pull it tight so we can hide."

Step 4:



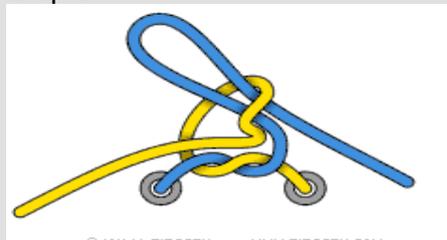
Make the blue lace into a loop by simply doubling it back onto itself. "Over the mountain..."

Step 5:



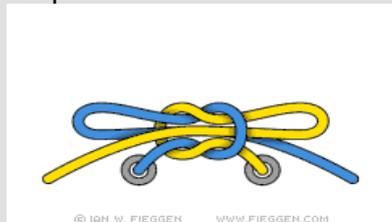
Take the yellow lace and pass it behind the blue loop. Continue the around the right loop to end up in front. "...and around we go..."

Step 6:



Start to feed the left (yellow) lace into the 'hole' that has just been made. "Here's my arrow..."

Step 7:



With the yellow lace now through the 'hole', grab hold of both loops and start to pull the knot tight. Continue pulling on the loops until the knot is firmly tied. "And here's my bow...!"



Tips for tying shoelaces

- You will need long, wide shoelaces; consider colour-coding them.
- Make sure that your child is sitting comfortably with support as needed on a chair, the floor, or against a wall. Your child may sit better in a corner where both walls give added support.
- Sit next to your child during instruction, or sit behind, prompting through the activity in front.
- Encourage your child to secure the shoe in their lap which may be easier when learning this skill than bending down to the foot.

Tying shoelaces – 2 loops technique

This is the “bunny ears” or “two loop tie” method. It is presented in a forward chaining. Backward chaining also may be used for instruction.

- Pick up the shoelaces.
- Cross the laces, laying them across the front of the shoe.
- Put the upper lace under the crossed laces in a toe-to-tongue direction.
- Grasp a lace in each hand and pull tight.
- Make one loop.
- Make a second loop with the other shoelace.
- Cross the loops across the front of shoe, maintaining your grasp on the loops
- Put the upper loop under the crossed laces and through the triangle created, in a toe-to-tongue direction
- Grasps a loop in each hand and pull tight.

