

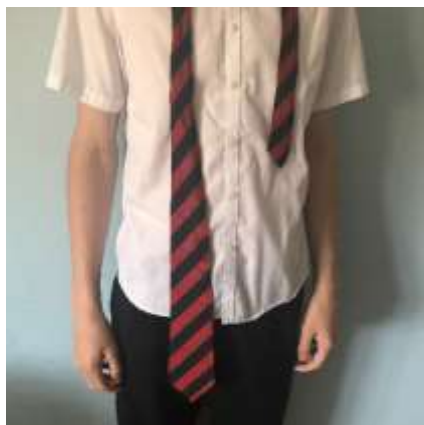


## School Tie Tying (Right Handed)

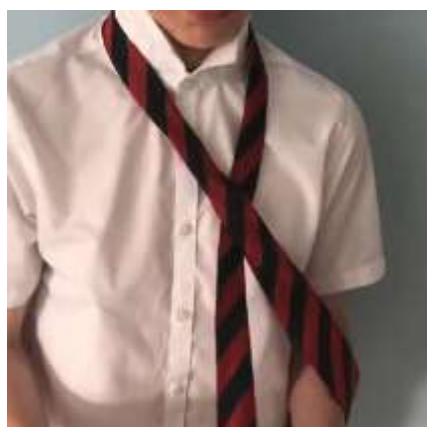
### Putting on a Tie - Step by Step Instructions



Turn up your collar



Place the tie around your neck and make sure it is not twisted



Whilst holding the narrow end, place the wide end over the top and let go of the wide end



Then put your writing hand behind the tie and grab hold of the wide end again



Wrap the wide end around the narrow end fully to end up in the same position as before



Push the wide end up the back of the knot and pull it through the opening at your neck



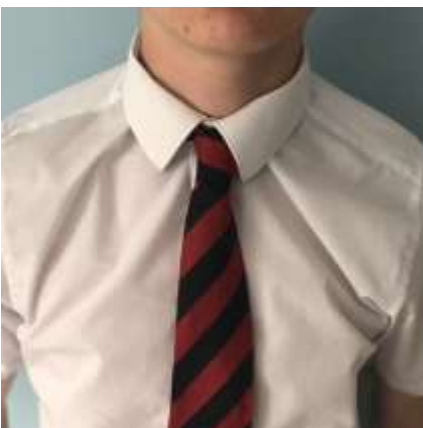
Slightly open the front of the knot and push the wide end down through the opening



Slowly pull both ends down to tighten the knot

Whilst you are still holding the narrow end with one hand, move your other hand to the knot

Hold the narrow end tightly and slide the knot up using side to side movements



Lastly turn your collar back down

**helpful TIPS** Hide the Narrow End Away



Tuck it into your shirt....



or slide the narrow end into the loop at the back of the wide end



## Taking Off a Tie - Step by Step Instructions



Lift up your collar



Hold the knot with your writing hand and use your other hand to pull the tie upwards, away from your neck



Instead of completely undoing your tie everyday why not just loosen it? Then you can slide it on and off over your head when you need it



These are the basic steps to tying your tie.

It may take some time to learn each step but with a little time and patience you will improve.

Why not start practicing over the weekend as you will have more time and once you feel more confident you can then start tying your tie before going to school.



**WELL DONE!!**

Keep practicing every day