



**Shoelace Tying**

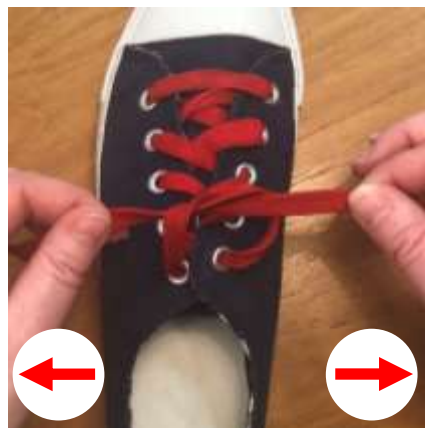
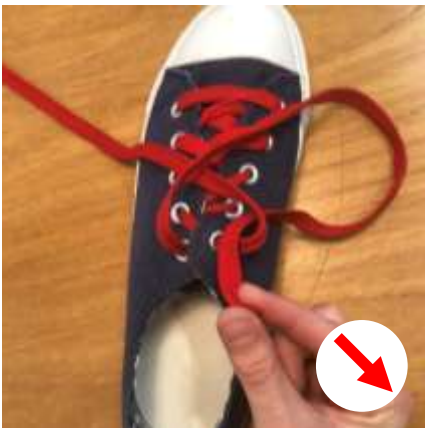
**One Loop Method of Tying Your Shoelaces (Right Handed)**

The first 3 steps can be carried out above the shoe or flat on top of the shoe.



Cross both laces over the top of the shoe to form an **X** shape. Take the **top** lace and wrap it back and through the bottom half of the **X** shape.


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Pull the lace fully through and place the **top** lace back down so that you have a lace either side of the shoe.

Hold both laces and tightly pull laces up and out to the sides to create a strong first knot.

**Double wrapping 1<sup>st</sup> knot**  
To create a tighter first knot that will not easily become loose why not wrap the top lace through **twice** instead of just once.



**helpful  
TIPS**

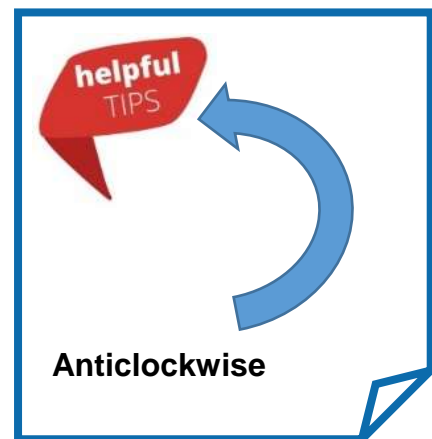
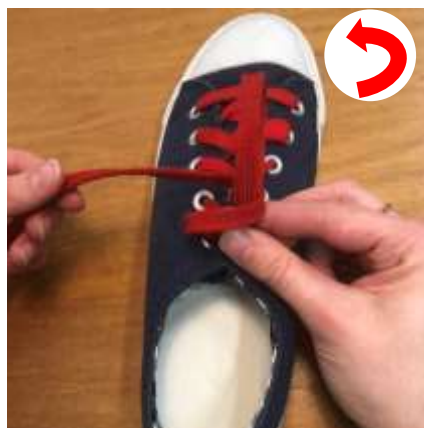


**helpful  
TIPS**

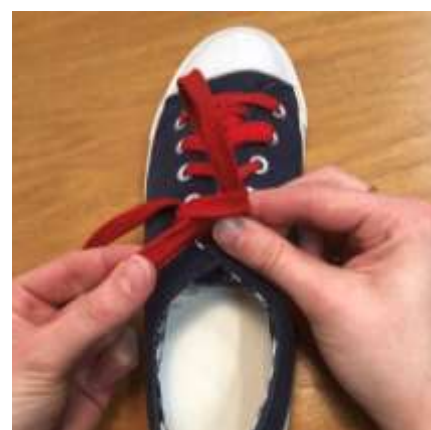
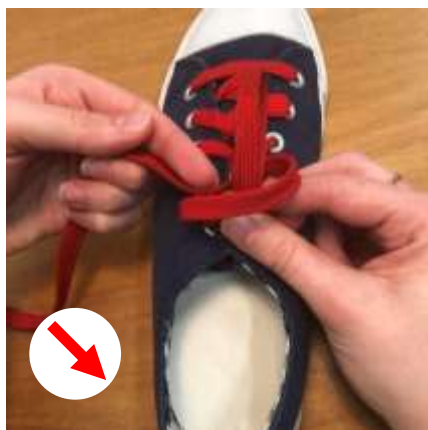


The loop should be about the size of your thumb.

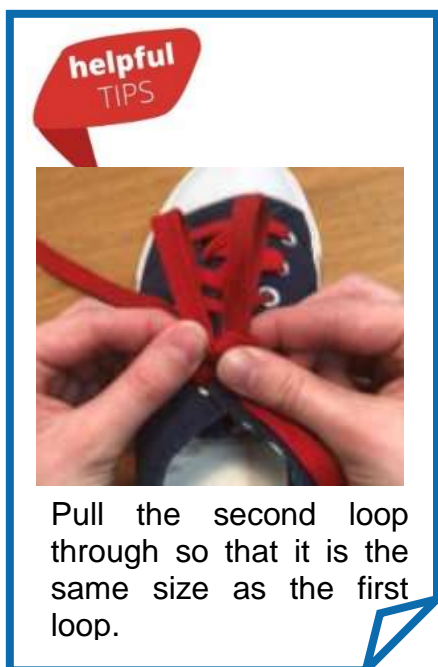
Create a loop (sometimes described as a bunny ear) and hold it in place with your thumb and index finger resting on top of the shoe.



While you are still holding the loop, pick up the other lace in your other hand and wrap it around the first loop (anticlockwise).



Using your index (pointer) finger push the lace which is wrapped around the loop through the hole next to where your thumb is resting. This will create another loop (bunny ear).



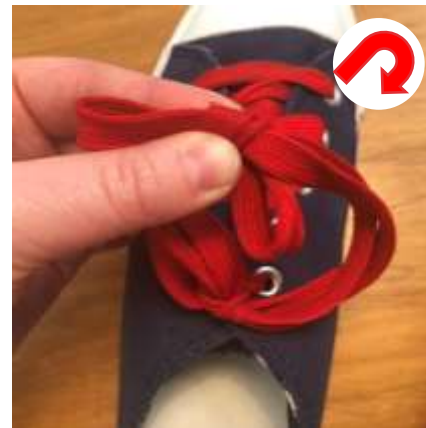
Squeeze both sides of the loops together and pull up and out to the sides.



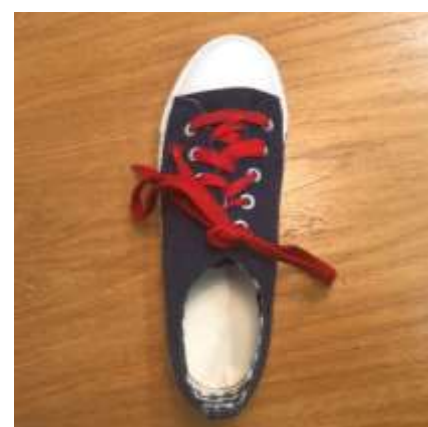


## Double Knot to Secure Laces

Once you have tied your shoe laces there are a few more steps you can use to secure the lace and stop it from falling out easily.



Squeeze both side of the loops together and cross both laces over to form an **X** shape. Take the top loop and wrap it back and through the bottom half of the **X** shape.



Pull both loops up and out to the sides to tighten.



**WELL DONE!!**

Keep practicing every day