



How to tie Shoe Laces



Using the “bunny ears” technique



Pick up shoelaces, cross the laces and lay them in front of the shoe. If you want to practise without bending over, you can tie the lace around your thigh for comfort.

Cross the laces across the shoe (or thigh) to make an ‘X’, with the ends of the laces pointing away from you. Take the bottom one towards your tummy over the ‘X’ and then back through the hole underneath the ‘X’ where it came from. Pull it tight to make a knot.

Close to the knot make two loops, one with each lace, like two bunny ears. Now cross the ‘bunny ears’ to make an ‘X’, with the loops pointing away from you. Take the bottom loop towards your tummy over the ‘X’ and then back through the hole underneath the ‘X’ where it came from. Pull it tight.

- **Advice for learning to tie shoelaces:**

- ✓ Try using 2 different colour laces to help distinguish between them.
- ✓ Shorter laces will mean there is less material to deal with.
- ✓ If you have a dressing gown at home you could practice with the cord around your waist or thigh
- ✓ Start with the two laces knotted together and wrapped around thigh or attached to chair in front. Move onto having the shoe in front of you. Finally try your own shoe.
- ✓ Thicker, padded laces will retain their shape better when in a loop.
- ✓ Try practicing the double knot once your lace is tied.
- ✓ Say the stages of the task out loud while you are doing this.
- ✓ Practice, practice, practice.

ALTERNATIVE “NON TIE” SHOELACES

GREEPERS© -www.greeper.com



HICKIES© <https://uk.hickies.eu/>



- ✓ Both are also available from the official shops as well as on Amazon and other online shops