



# SHOE TYING POSTERS/CARDS

## STEP-BY-STEP VISUALS FOR *Shoe Tying*

### Versions Included:

- 1 Make a Knot
- 2 Tie a Bow - Single Loop Method
- 3 Tie a Bow - Bunny Ear Double Loop Method

# SHOE TYING POSTERS/CARDS

STEP-BY-STEP VISUALS FOR

*Shoe Tying*

## INSTRUCTIONS:

### OPTION 1: POSTER

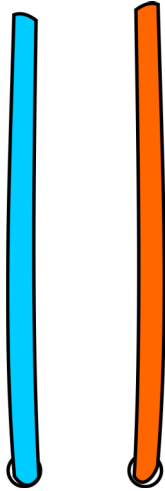
- Laminate as single page posters

### OPTION 2: CREATE CARDS

- Cut out each individual step
- Laminate for durability
- Optional: Place cards on a ring

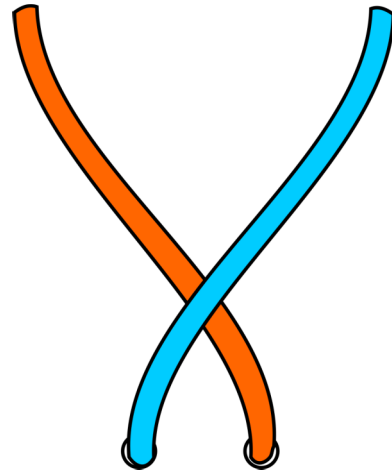
# MAKE A KNOT

## STEP 1



Hold a lace in each hand.

## STEP 2



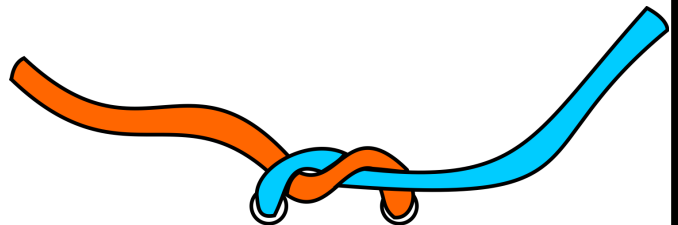
Cross the laces to make an X with the left/blue lace in front.

## STEP 3



Use right hand to push blue lace under bottom of X.

## STEP 4

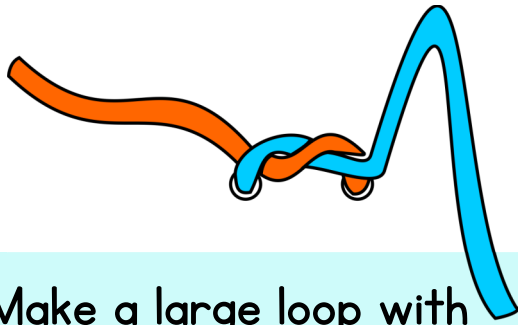


Pull the laces to tighten.

# TIE A BOW

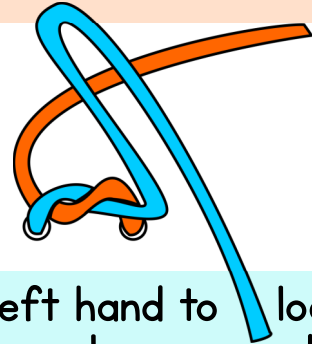
## SINGLE LOOP METHOD

### STEP 1



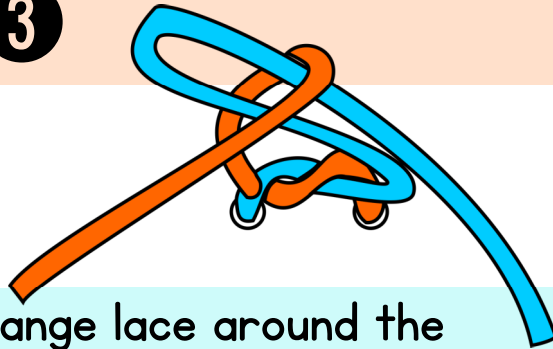
Make a large loop with the right/blue lace.

### STEP 2



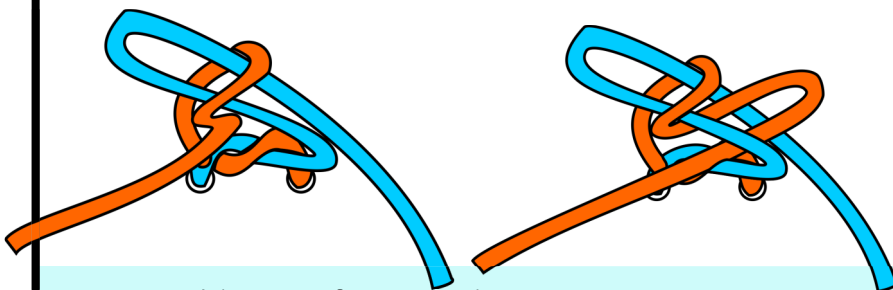
Use left hand to loop the orange lace around the back of the right/blue loop.

### STEP 3



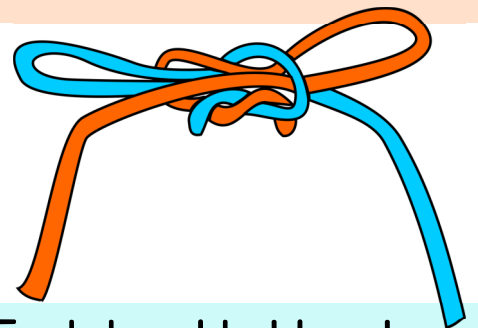
Bring the orange lace around the front of the right/blue loop.

### STEP 4



Use left hand to push the orange lace into the "hole".

### STEP 5

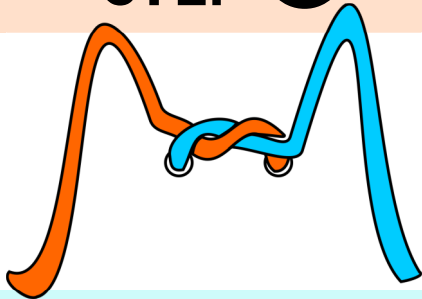


Each hand holds a loop and pulls to tighten.

# TIE A BOW

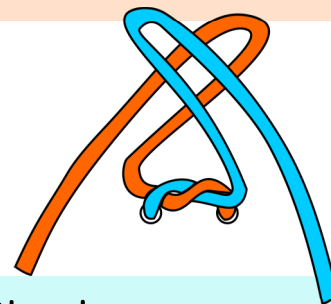
## BUNNY EAR DOUBLE LOOP METHOD

### STEP 1



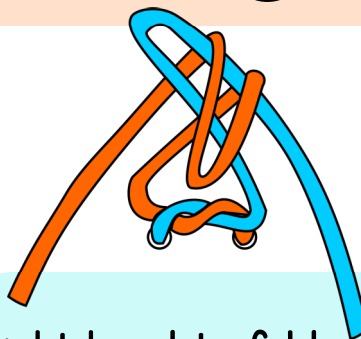
Loop each lace into a "bunny ear" and then hold a "bunny ear" in each hand.

### STEP 2



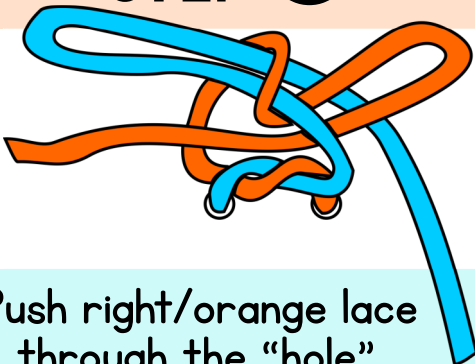
Cross the "bunny ears" over each other with the right/blue ear loop in front of the left/orange ear loop.

### STEP 3



Use right hand to fold orange "bunny ear" over blue "bunny ear".

### STEP 4



Push right/orange lace through the "hole".

### STEP 5



Hold a "bunny ear" in each hand and pull to tighten.