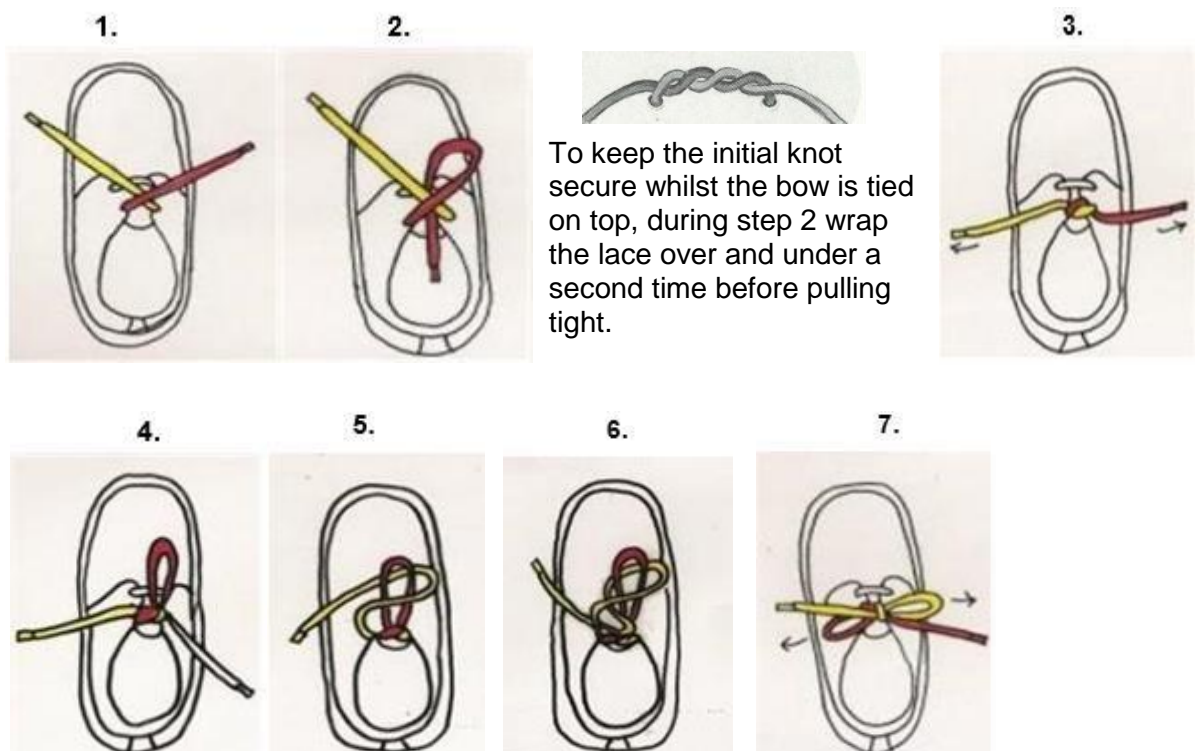


Tie A Shoe Lace – Single Loop Method

- Use 2 laces of different colours (thick/flat laces are easier to manipulate). Cut each lace in half, tie them together and thread them through the shoe. This enables the child to see the laces more clearly and enables clearer verbal clues.
- Practice the following steps on a dressing gown belt as it is easier to manipulate.

Steps of the task

1. Cross red lace over yellow lace. Wrap the red lace under the cross. (Wrap the red lace over and under again before pulling tight to keep the knot tight).
2. Pull tight.
3. Make a loop with the red lace; pinch it tight at the bottom.
4. Now wrap the yellow lace round the front of the red loop and then behind.
5. Push the yellow lace through the new hole.
6. Swap hands to take the red lace in left hand and pull the yellow lace through with right hand.
7. Pull tight.



Alternatively watch the method online at: https://youtu.be/o_wuRz3TSno