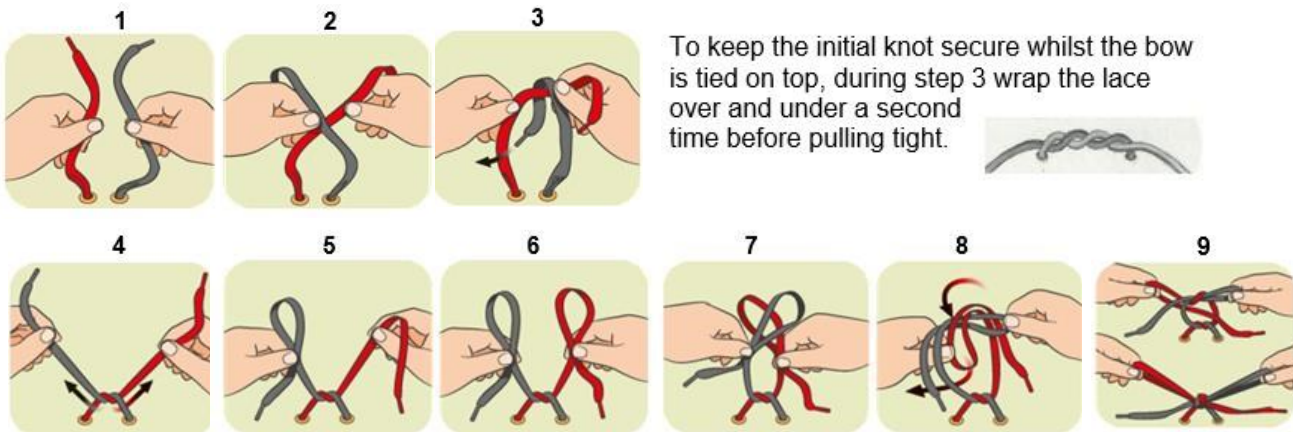


### Tie a Shoe Lace- Bunny Ears Method

- Use 2 laces of different colours (thick/flat laces are easier to manipulate). Cut each lace in half (so they are not too long), tie them together and thread them through the shoe as normal. This enables the child to see the laces more clearly and enables clearer verbal clues.
- Practice the following process on a dressing gown belt as it is easier to manipulate.



To keep the initial knot secure whilst the bow is tied on top, during step 3 wrap the lace over and under a second time before pulling tight.

#### Steps of the task

1. Take a shoelace in each hand.
  2. Cross the black lace over the red lace halfway up the laces.
  3. Take the end of the black lace and put it over and under the red lace, poking it through the 'bunny hole'.
  4. Hold on to the ends of the red and black laces and pull tight. The cross should now be close to the shoe. To ensure the knot stays tight you could take the black lace and put it over and under the red lace again before pulling tight.
  5. Take the black lace and make a small loop, or 'bunny ear'. The 'bunny ear' loop should have a long tail.
  6. Take the red lace and make a small loop, or 'bunny ear'. The 'bunny ear' loop should have a long tail.
  7. Cross the middle of the black loop ('bunny ear') over the middle of the red loop ('bunny ear').
  8. Take the top of the red loop ('bunny ear') and put it over the black loop ('bunny ear'). Now poke it through the 'rabbit hole'.
  9. Put your fingers inside the ends of the loops ('bunny ears'), then hold on and pull tight.
- Alternatively watch online video guide: [https://youtu.be/o\\_A2ki\\_PJy8](https://youtu.be/o_A2ki_PJy8)
  - If the child struggles to keep hold of their two bunny ears, they can post the end of shoe lace into the top shoe lace hole (as shown in pictures) and then continue from stage 7. <https://youtu.be/WxTrQC9yNas>

