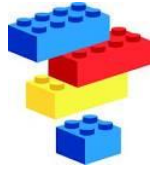




Shoelaces



Practice

Two handed activities will help to develop the skills required for doing shoelaces. So, playing Lego, K-nex, sewing beads onto thread or on a card will all assist in developing the techniques you need for doing your own laces.

First practice doing the knot, you need this for whichever method you choose to learn.



Decide which method you want to use; “standard shoelace knot” or “bunny loops”.

Practice each stage until you are confident with this, before moving to the next.

Practice with different coloured laces to make it easier to differentiate the pattern.

Practice with thicker, fluffier laces, or cord, and progress to thinner laces.

Practice doing up shoelaces with a shoe template or shoe placed in front of you. Do this until you get the concept and sequence of moves.



Preparation

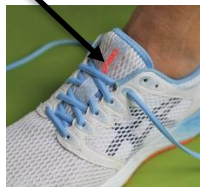
- Whilst you're still gaining confidence and having to think the task through, make sure you have plenty of time to do your laces.
- Sit in a comfortable and supported position, either in a chair where you can lift your foot up or bend down to your foot, or seated on the floor with your back against a wall where you can bend your knee to get your foot closer to you.
- Place your shoes / trainers on your feet and get them comfortable.
- Make sure your heel is at the back of the shoe / trainer.



- Check the laces that are already threaded through the shoe are snug and keeping your foot from sliding forward.



- Ensure the tongue of the shoe is pulled up and straight on the front of your foot and laces are ready to tie.

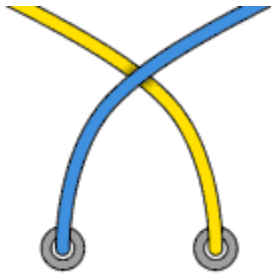


- You are now ready to tie your laces!

Practice

Initial knot by Ian Fieggen www.fieggen.com

Step 1:



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Cross the blue lace and yellow lace so they swap places.

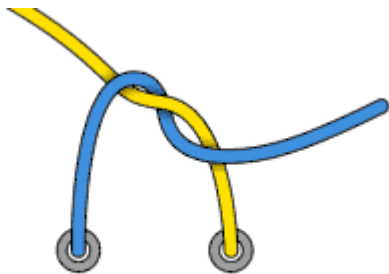
Step 2:



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Feed the blue lace under the yellow lace.

Step 3:



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Pull the blue and yellow ends.

Step 4:



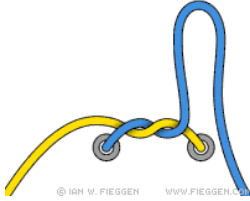
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Pull ends until firmly tied.

Practice

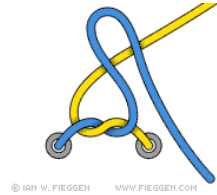
Standard Shoelace Knot by Ian Fieggen www.fieggen.com

Step 1:



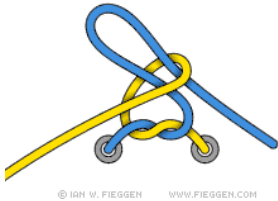
Make the blue lace into a loop.
“Over the mountain...”

Step 2:



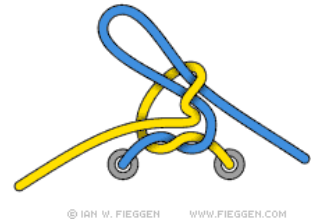
Pass the yellow lace around the back of the blue loop.

Step 3:



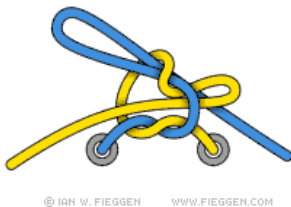
Bring the yellow lace around in front of the blue lace.
And around we go...

Step 4:



Feed the yellow lace into the “hole” that has been made.
Here’s my arrow...

Step 5:



With the yellow loop now showing through, grab hold of both loops and pull

Step 6:

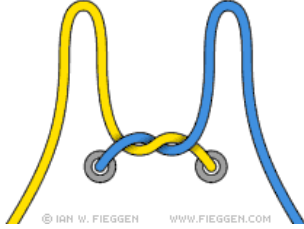


Continue pulling on both loops until firmly tied.
And here’s my bow....”

Practice

Two Loops Knot or Bunny Loops by Ian Fieggen www.fieggen.com

Step 1:



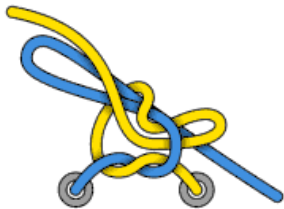
Make one loop with blue lace and one loop with the yellow lace. Hold a loop in each hand.

Step 3:



Wrap the yellow loop around the blue loop so that it is now in front.

Step 5:



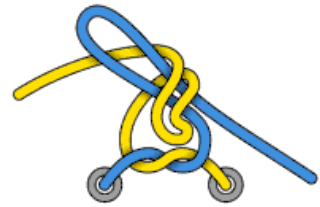
With the yellow loop showing through the “hole”, grab both loops and pull together.

Step 2:



Cross the loops over each other with the blue loop in front.

Step 4:



Thread the yellow loop into the “hole” that has just been made.

Step 6:



Pull both loops until firmly tied.