

SHOE TYING MADE SIMPLE

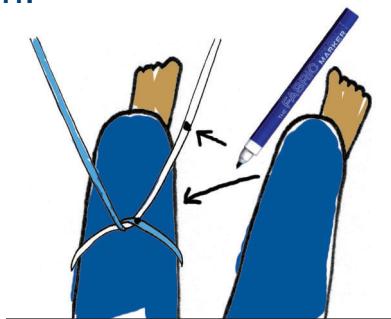
Adapted for use during travel and an economical way to teach shoetying to the entire classroom.

1



Place a bicolor teaching lace under your thigh.

5



Step five is the most important in the "Shoe Tying Made Simple" program. Use a fabric pen that is the same color as the darker half of the bicolor shoelace. After making the initial knot, mark the lace at the base of the knot with a blue fabric pen. Make sure you mark both sides of the shoelace. Make a second mark on the white portion of the lace about four to five inches higher. Allow the marks to dry prior to your teaching session.

2



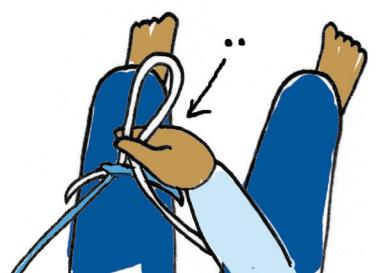
Cross the lace and make an 'X'.

3



Tuck the blue lace under the white lace.

6



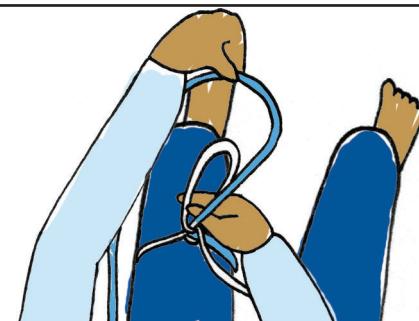
See the dots on the white lace?
Pinch them together and hold them in place.

4



Pull the strands until they stop.
You have just made your very first knot!

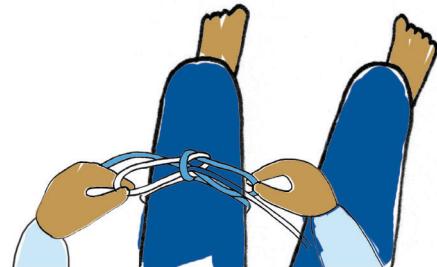
7



Pick up the blue strand and wrap it around the front of the white loop.

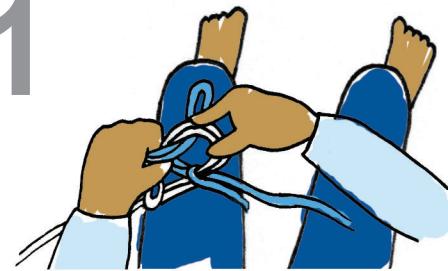
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8



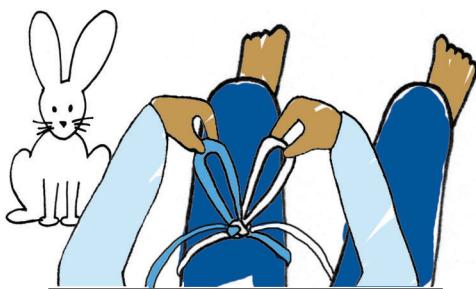
Grab both loops and pull sideways.

11



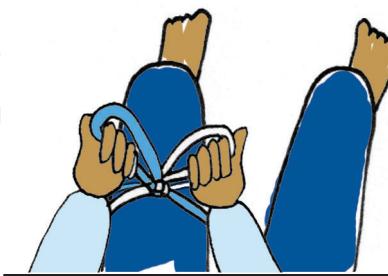
Push the top lace down, then up through the opening.

9



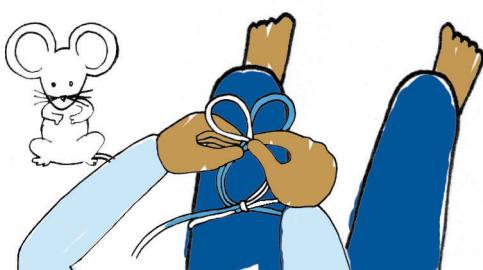
Let go and see what appears; it looks like two bunny's ears.

12



Pull the loops sideways like you did before; now you're ready to run out the door!

10



For double knotting, criss-cross the two loopy-loop strings to form a mouse's face.

Now that you know what to do, you can tie your very own shoe. Practice first with white and blue, then try tying something new.

Practice by tying hair ribbons or gift bows. It's hard at first, so take it slow. Soon you will be able to tie almost everything and make new friends out of any string!

