

## 6 Steps to Successful Shoelace Tying

Try tying the lace around your upper leg first so you can see what you are doing. When you have mastered this then you can move onto shoes!

1



Make sure your laces are equal length.



Cross over the two lace ends 'X FACTOR'.

4



Take the other lace 'the rabbit' by its middle and take it all the way around the front of the tree until it gets to the back of the tree.

2



Pass the end of the top lace 'UNDER THE BRIDGE'.



It should look like this.



Pull it tight.

5



The 'rabbit' bends in the middle to go through into his hole. Your thumb should already be there to meet him.

6



Pinch the top of the 'tree' – one loop. Pinch the 'rabbit' as he comes through the hole and slowly pull. If the lace is still loose, give the loops a wiggle.



3



Make a loop 'tree' right next to the knot - on the right hand side if you're right handed, left hand side if your left handed. Not a big tree, not a tiny tree but a medium sized tree.



Finished!