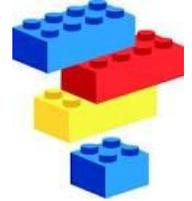


Shoelaces

The following two handed activities require similar skills as for shoe lace tying. They should be carried out with adult supervision.

Construction games – e.g Lego, K'nex, using play dough to make things using two hands doing different parts of the same task.



Lacing and sewing games – learning concept of under and over and holding material or board still whilst using the other hand to sew in and out.

Obstacle course – using whole body to carry out instructions such as moving 'under', 'over', 'through', 'around', 'behind', and 'in front'. Keep the pattern of instructions the same and see if the child can remember the sequence to carry out unaided.

Paper weaving – rip up strips of paper and weave them in and out of each other.

Practice doing up shoe laces - on a toy, a shoe placed in front of them or a shoe template. Practice until they understand the concept and sequence of moves.

Practice with tying bows with ribbon as this is less likely to slip. Practice with different coloured lace to make it easier to differentiate the pattern.



Threading Beads – hold the bead with one hand and thread with the other.

Preparation

- ② Sit in a comfortable and supported position, either in a chair or seated on the floor against a wall.



Practice

These ideas will help with practicing shoe lacing skills when you have plenty of time.

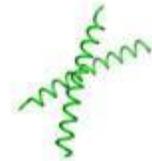
- 🕒 Physical hand over hand help may help the child hold the laces effectively and feel the required movements of each hand.
- 🕒 Follow the following visual guide written by Ian W Fieggen on pages 3, 4, 5 and 6.
- 🕒 Talk through the steps with clear simple commands.
- 🕒 Give praise throughout.



Adjustments

The following items could assist with developing your child's shoe lacing skills however this list is not exhaustive.

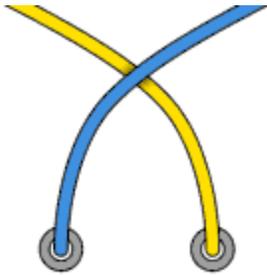
- 🕒 Use two different coloured laces to see each hand's movement sequence more clearly.
- 🕒 Start with thicker fluffier laces and progress to thinner laces.
- 🕒 Shoe templates. Available from toy retailers.
- 🕒 Springy, spiral shoelaces.
- 🕒 Toggles, Velcro and Greeper laces. These are alternative to standard lacing whilst practicing and gaining shoe lacing skills. www.greeper.com



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.

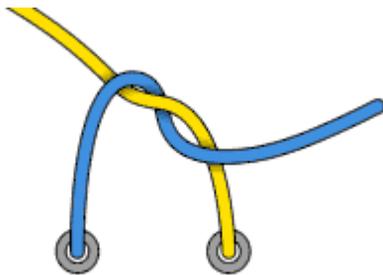
Step 2:



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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:



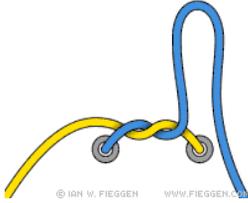
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Pull ends until firmly tied.

Practice

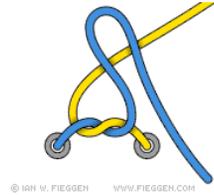
Standard Shoe Lace Knot by Ian Fieggen www.fieggen.com

Step 1:



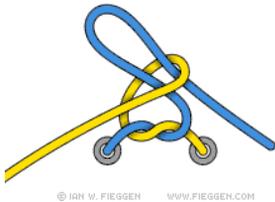
Make the blue lace into a loop.
“Over the mountain...”

Step 2:



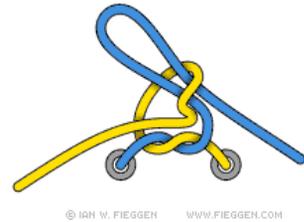
Pass the yellow lace around the back of the blue loop.

Step 3:



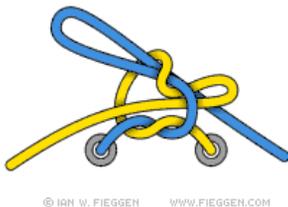
Bring the yellow lace around in front of the blue lace.
And around we go...

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:

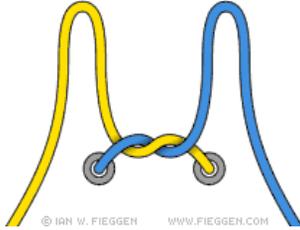


Continue pulling on both loops until firmly tied.
And here’s my bow....”

Practice

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

Step 1:



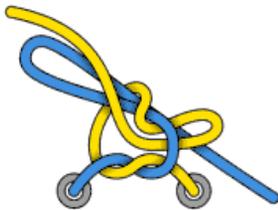
Make one loop with blue lace and one loop with the yellow lace. Hold a loop in each hand.

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:

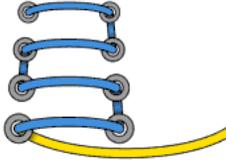


Pull both loops until firmly tied.

Practice

One Handed Tie by Ian Fieggen www.fieggen.com

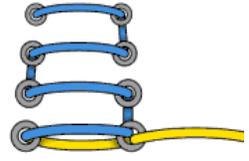
Step 1:



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Start by tying the shoelace onto one of the eyelets nearest the toe. Lace as shown above.

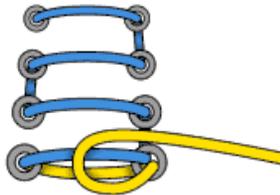
Step 2:



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Feed the lace across and back out through the opposite eyelet.

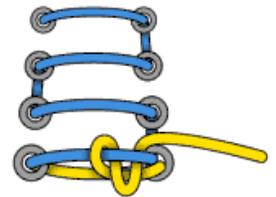
Step 3:



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Create a loop with the loose end sitting across the final straight section of blue lace.

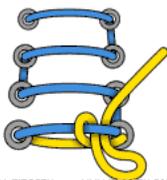
Step 4:



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Feed a new loop of lace underneath the blue and out through the previous loop.

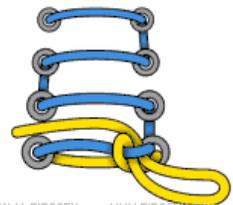
Step 5:



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Pull the new loop downwards and to the right, but not all the way out.

Step 6:



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Continue to pull the loop until it sits snug and close to the eyelet.