



# SHOE TYING CHECKLISTS

STEP-BY-STEP  
VERBAL CUES & VISUALS  
for

*Documenting  
Progress*

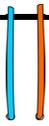
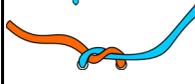
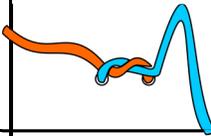
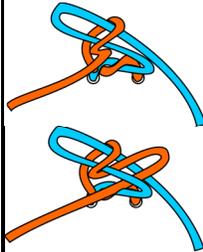
## Versions Included:

1. Tie a Bow - Single Loop Method
2. Tie a Bow - Bunny Ear Double Loop Method

# CHECKLIST: TIE SHOES

NAME: \_\_\_\_\_

## SINGLE LOOP METHOD

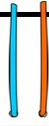
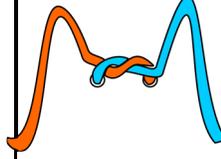
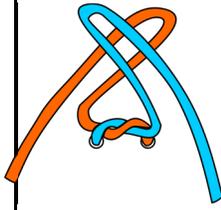
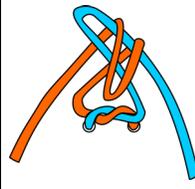
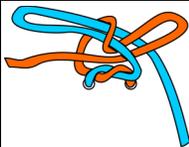
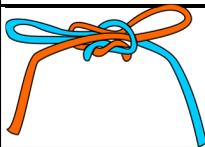
	STEPS	VISUAL	DATE				
MAKE A KNOT	<b>1</b> Hold a lace in each hand.						
	<b>2</b> Cross the laces to make an X with the left/blue lace in front.						
	<b>3</b> Use right hand to push blue lace under bottom of X.						
	<b>4</b> Pull the laces to tighten.						
SINGLE LOOP METHOD	<b>1</b> Make a large loop with the right/blue lace.						
	<b>2</b> Use left hand to loop the orange lace around the back of the right/blue loop.						
	<b>3</b> Bring the orange lace around the front of the right/blue loop.						
	<b>4</b> Use left hand to push the orange lace into the "hole".						
	<b>5</b> Each hand holds a loop and pulls to tighten.						

+ = Independently  
 D = Demonstration/Visual Cues

VC = Verbal Cues  
 P = Physical/Hand Over Hand Assistance

# CHECKLIST: TIE SHOES

NAME: \_\_\_\_\_ BUNNY EAR DOUBLE LOOP METHOD

	STEPS	VISUAL	DATE				
MAKE A KNOT	<b>1</b> Hold a lace in each hand.						
	<b>2</b> Cross the laces to make an X with the left/blue lace in front.						
	<b>3</b> Use right hand to push blue lace under bottom of X.						
	<b>4</b> Pull the laces to tighten.						
BUNNY EAR METHOD	<b>1</b> Loop each lace into a "bunny ear" and then hold a "bunny ear" in each hand.						
	<b>2</b> Cross the "bunny ears" over each other with the right/blue ear loop in front of the left/orange ear loop.						
	<b>3</b> Use right hand to fold orange "bunny ear" over blue "bunny ear".						
	<b>4</b> Push right/orange lace through the "hole"						
	<b>5</b> Hold a "bunny ear" in each hand and pull to tighten.						

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