

Tie my shoes

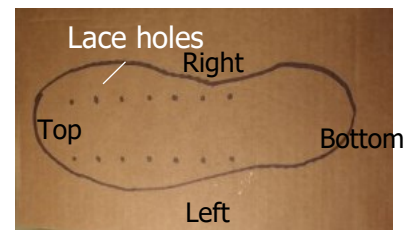
Green-Schools Travel

Learning to tie your shoelaces is a significantly challenging task in life, however it is a self-care task that can bring a great sense of independence and achievement. This activity is ideal for walking action days and events.

- Aim** Learn how to tie shoe laces in a creative way
- Target Age** Junior Primary. Refer to 'Shoe Lace Master for Senior Primary.
- Materials** String at least 2 feet long, cardboard, markers, crayons/coloured pencils.
- Preparation** To complete this activity, a cardboard template of a shoe is required for each student. This can be done in advance or can be completed by the students depending on ability.

Activity 1 Creating your own shoe

1. Discuss why we need shoe laces and why we should tie them. Ask questions such as 'what happens if we didn't tie our shoes or we tied them too loose etc.
2. On the whiteboard, draw an outline of the shoe and add labels 'top/bottom' and the sides 'Left/Right' on the board to support instruction. Identify where the laces should be.
3. Provide students with a piece of cardboard and ask them to draw an outline of their shoe
4. Ask students to punch holes where the laces should be.
5. Invite students to colour/decorate their 'shoes'



Activity 2 Lacing your shoe

6. Pull strings through the top two holes.
7. Alternate pulling the laces through the holes on the opposite sides, making an X as they cross in the middle.
8. Make sure the lace from the left side goes into the next hole on the right side.
9. Continue to lace up the shoe while pulling tight at each step.
10. Continue lacing until all the holes are used.



Activity 3 Tying a Bow

11. Learn how to tie a bow on your laces by watching this step by step video on [How to tie your laces – Step by Step guide for kids](https://www.myOTandMe.com) by www.myOTandMe.com

Extension This activity could be followed by a 'Bling your Shoe' event where students decorate their actual shoes. Please note that an advanced variation of this lesson plan (Shoe Lace Master) is available for senior primary students.