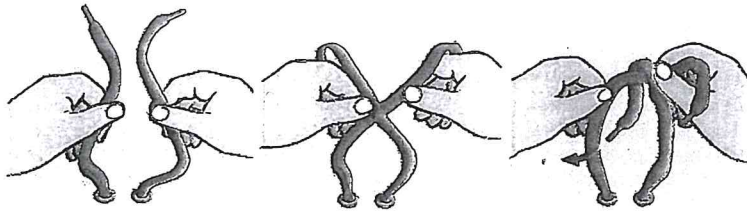


How to tie shoelaces – ‘bunny ears’ method

The first knot

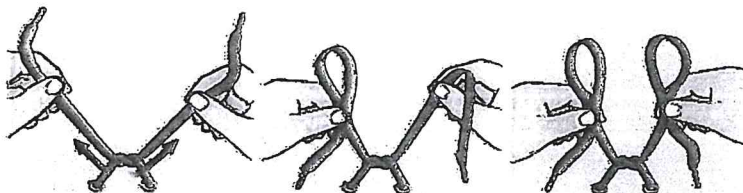


Tying shoelaces is an important part of getting dressed. The ‘bunny ears’ method is one way of tying shoelaces. The first step is to take a shoelace in each hand.

Cross the black lace over the red lace halfway up the laces.

Take the end of the black lace and put it over the red lace. Now poke it through the cross or bunny hole.

Making the ‘bunny ears’

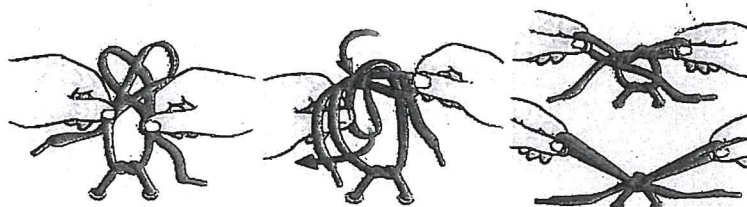


Hold on to the ends of the red and black laces and pull tight. The cross should now be close to the shoe.

Take the black lace and make a small loop, or ‘bunny ear’. The ‘bunny ear’ loop should have a long tail.

Take the red lace and make a small loop, or ‘bunny ear’. The ‘bunny ear’ loop should have a long tail.

Tying the final knot



Cross the middle of the black loop (‘bunny ear’) over the middle of the red loop (‘bunny ear’).

Take the top of the red loop (‘bunny ear’) and put it over the black loop (‘bunny ear’). Now poke it through the cross or hole.

Put your fingers inside the ends of the loops (‘bunny ears’), then hold on and pull tight. You’ve now tied the loops in a knot. Your shoelaces are tied.