SHOE LACING CARDS FOR SHOE TYING PRACTICE

SUPPLIES NEEDED

- Recycled construction paper
- Cardboard or old shoebox
- Shoelaces
- Scissors
- Glue
- Hole puncher

DIRECTIONS

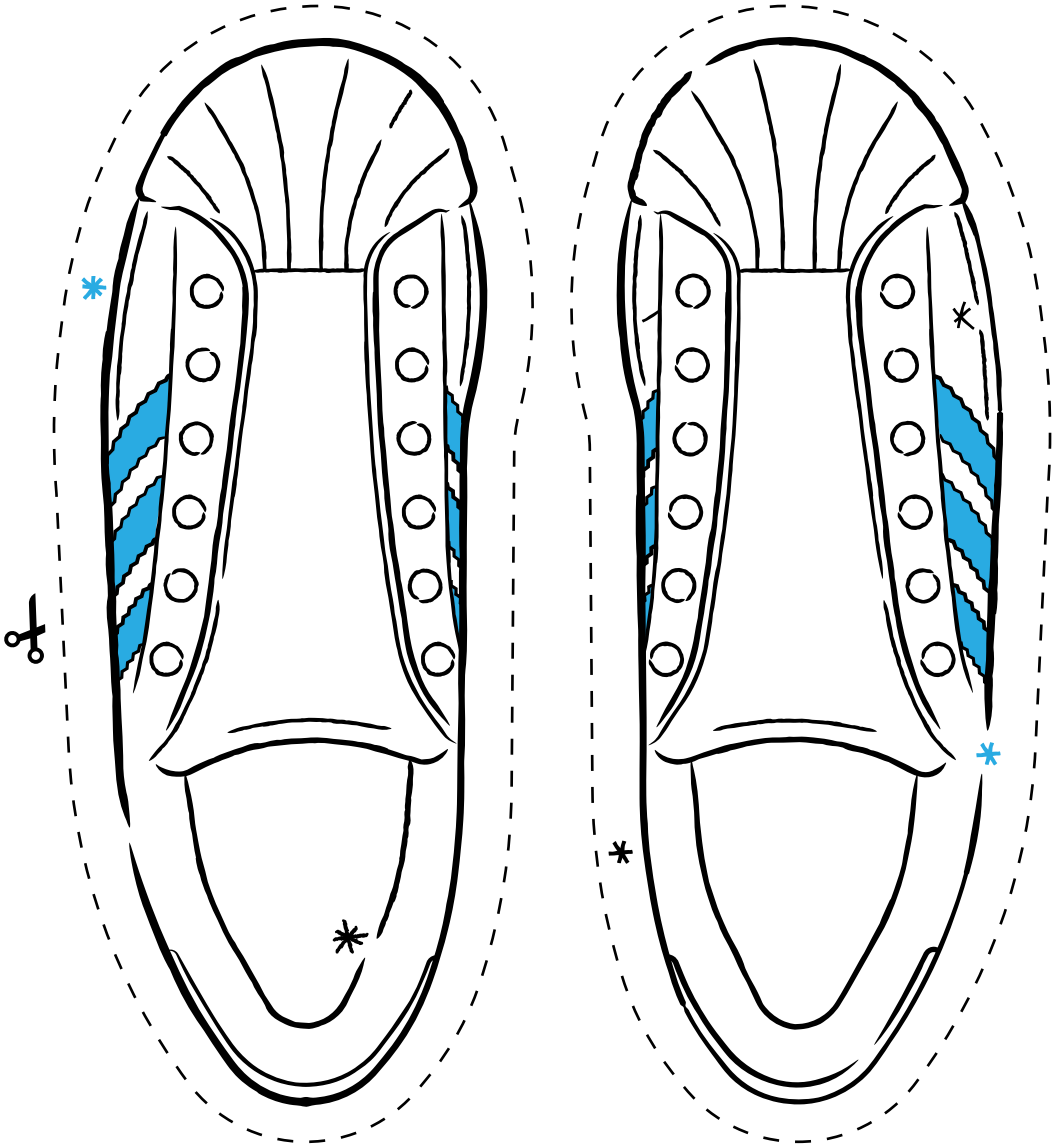
01 Print shoe templates on recycled construction paper.

02 Cut out shoe templates.
Optional: *Glue a piece of cardboard to the back of each cutout to make it more durable.*

03 Using a hole puncher, punch out each dot.

04 Thread laces through the holes.
Tip: *Use two different colored laces to help your child easily identify one lace from the other.*

05 Use our visual shoe tying sequence activity to help teach your child each step to tying their shoes!



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YOU DID IT!

CONGRATULATIONS TO

_____

for learning how to tie their shoes and becoming an official member of the adidas shoe tying club!

_____ _____

Date Signature

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SHOE TYING SEQUENCE ACTIVITY

Use our shoe tying steps and visual instructions below to help guide your child through the shoe-tying process.

Once you've gone over the steps, print them out on recycled paper, cut out the visuals and have your child put them in the correct ordered sequence. Once they've mastered the steps, use our shoe lacing cards to help them practice tying!

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01 Pick up both laces in each hand and make an X.

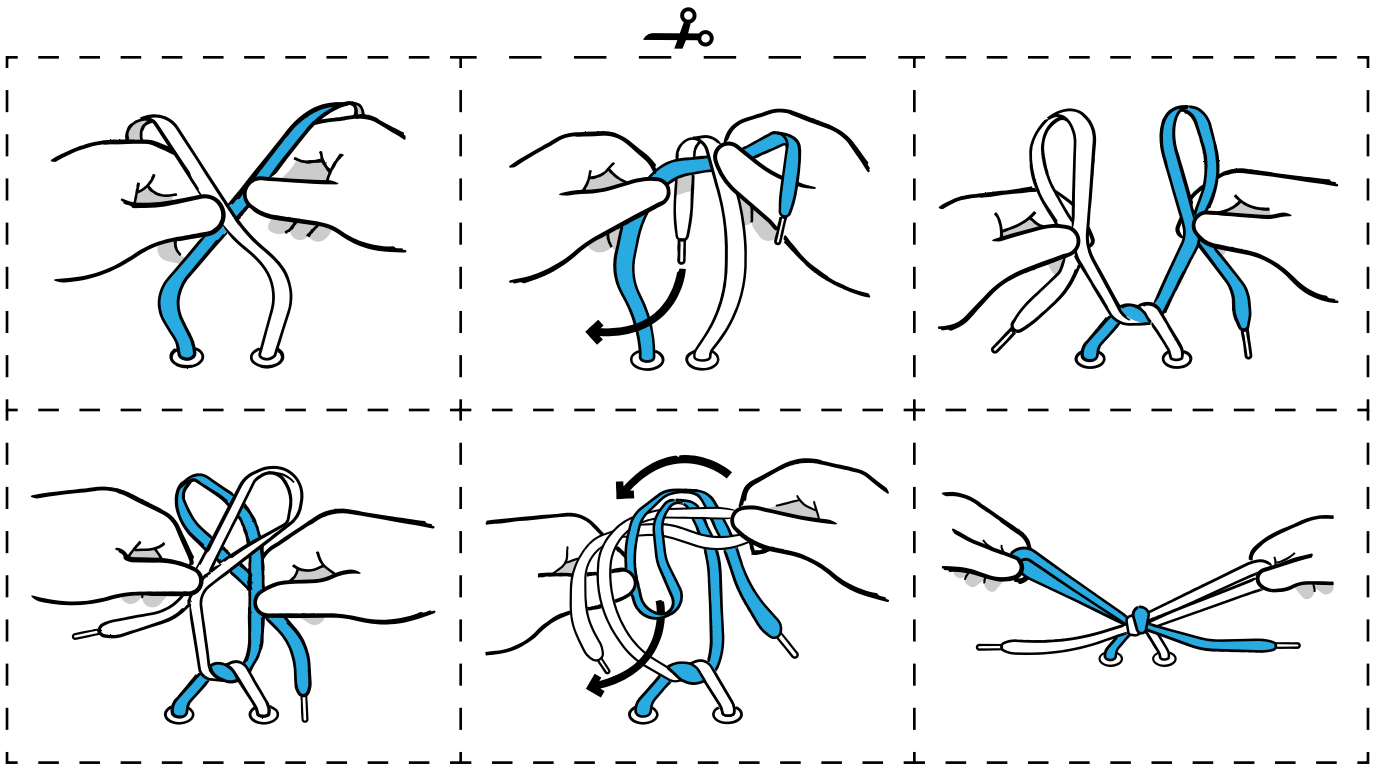
02 Thread one lace under the other and pull tight to form a knot.

03 Form a loop with both laces, creating two bunny ears.

04 Cross one loop over the other, forming another X.

05 Take one loop, put it over the other and put it through the hole.

06 Hold both loops and pull tightly.



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