

Activity Idea

PRACTICE TYING A SHOE

Recommended for Ages 4+

Fine Motor Skills Practice

Shoe tying can be a daunting task for children to master. It requires dexterity and fine motor skills. Shoe tying is part of daily self-care and can also help children master right and left. The more they practice, the easier it gets!

Supplies Needed:

- Empty egg carton
- Pencil
- Two different color yarn

Instructions:

Start the activity by poking holes in the empty egg carton with the pencil. Each place an egg would go needs one hole in the center. Next, tie the two different color pieces of yarn together at one end and thread them through the holes of the egg carton. After you have done the first one or two, have your child finish lacing the holes the whole way up the egg carton. Threading and lacing encourage bilateral hand coordination – an important skill in shoe tying.

Now the egg carton is ready! Place the egg carton in their lap or position it on the floor with one edge close to where their foot would be. The two different colors should help make the task easier.

Shoe Tying 101

1. Put both yarn ends (laces) on either side of the carton.
2. Cross one lace over the other one and bring the end of that lace up under the crossed point and through.
3. Hold the ends of both laces and tightly pull.
4. Create a loop using the middle of one lace and pinch it at the bottom. It will look a little like a bunny ear.
5. Pick up the other lace and wrap it around the bottom of the loop, close to the tie you created in steps 2 and 3.
6. Push that lace through the space with your finger to create another loop.
7. Grab both loops and pull.