



# 5 Activities to Help Teach Kids How to Tie Shoes

## YOUTUBE FREEBIE

Shoe tying can be an important life skill!  
It's also a skill that translates to other areas of life - knowing how to tie a knot can be helpful in many situations!  
Let's build up those tying skills!

### 1 TIE AND UN-TIE KNOTS FOR FUN

- Turn this into a game with different size ropes or laces.
- If you tie a knot, have the child untie it. And vice versa - they tie a knot, you untie it.
- Incorporate this into obstacle courses and road trip games.
- You can even create your own Knot So Fast game:
  - Using two different colored laces or strings, tie and wind them together in a new way.
  - Take a picture of it, then take it apart.
  - Have the child recreate it by looking at the picture.

### 2 PLAY CAT'S CRADLE

- Using a string or piece of yarn, play the old-school game, Cat's Cradle!
- You'll need two people for this.
- Watch [this YouTube video](#) to learn how!

### 3 STRINGING AND LACING BEADS

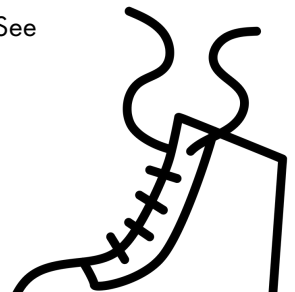
- This works on the underlying skills required for tying shoes, including fine motor, bilateral integration, and visual motor.
- Use larger beads for an easier task and smaller beads to modify it up.
- Also try completing it with vision occluded for an extra challenge!

### 4 DIY SHOE AND PIPECLEANERS

- Trace your foot or shoe on a piece of cardboard, cut it out, and hole punch two lines - to create your own cardboard shoe cutout!
- Use string - or pipe cleaners! - to "lace" your shoe.
  - Pipe cleaners make it easier since they won't fall out of the holes!
- Don't forget to practice tying!
- This is great for practicing on-the-go (in the car) or to use in an obstacle course.

### 5 PRACTICE, PLUS IN-HAND MANIPULATION SKILLS

- Practice makes progress - practice shoe tying every day.
- Also work on in-hand manipulation skills (aka dexterity) with "squirreling" activities. See next page for details!



# BONUS Ideas!

## 1 SQUIRRELING

Grab a handful of small items, like coins or un-cooked beans. Lay them on a hard surface.

Using your index finger and thumb, pick up one item and "squirrel" it into your palm (using your other fingers to hold the item). Continue this with all the items until your palm is full!

## 2 OBSTACLE COURSE

Set up an obstacle course with knots all throughout. Use different size and different color laces and strings, ropes, etc.

First time through, the child has to untie all the knots. Second time through, they have to tie new knots.

## 3 STRENGTHENING

It's also important to remember that in order to have good fine motor dexterity, we need good upper body and hand strength.

Include activities to build strength throughout the upper body:

- Animal walks
- Monkey bars or straight arm hang

# Want more help?!

## [CHECK OUT OUR FINE MOTOR SKILLS ACTIVITY COURSE](#)

This digital activity course provides video demonstrations for a variety of activities that promote fine motor skills!

Plus, the materials are simple and you likely already have them!

- Activities to improve handwriting
- Activities with stickers
- Activities with painter's tape
- Activities with a deck of cards

Visit: [harkla.co/products/fine-motor-skills-activity-course](https://harkla.co/products/fine-motor-skills-activity-course)