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| Activity | Shoe Tying Practice |
| Materials | Shoes with laces |
| Skills Targeted | Visual motor, fine motor, sequencing steps, self-care |
| Instructions: | 1. Show your student how you tie your shoes or watch this video [www.youtube.com/watch?v=qMrhd61l4Fw](http://www.youtube.com/watch?v=qMrhd61l4Fw) 2. Now it’s your student’s turn! Start by having them do just the first step – crossing the laces and looping the lace underneath. Help them with the rest of the steps so they can focus on the first one. Once they have mastered the first step, move on to the second step. 3. Have your student practice once a day before going outside to play or going for a walk. |
| Modifications: | * If your student is still learning how to complete multi-step tasks, try this method! [Modified Shoe Tying](https://youtu.be/6Uo41BJuAs8) * For students who are practicing other ways to close their shoes, check out [Billy Footwear](https://billyfootwear.com/). They zip! |