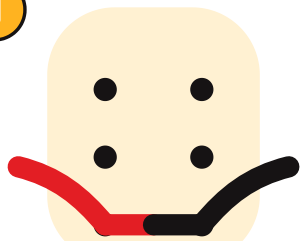


Let's practise!

Shoe Tying Certificate C · Lace Boss

From about age 7

1



Start at the bottom. Make both ends even.

2



Cross the laces and go up one hole.

3



Keep going all the way to the top.

4



Tie a bow, the same as in B.

5

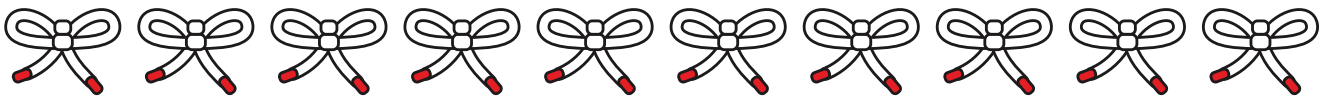


Knot the loops once more. Double tight!

FOR GROWN-UPS

Sit next to your child, not opposite. That way nothing has to be copied in mirror image. Practise little and often. Flat laces in two colors show straight away which end goes where.

Did it? Color in a bow!



1 2 3 4 5 6 7 8 9 10

Test time! Can you do it without help? Color the star. Four stars = level C!

- ☆ I lace up my shoe myself
- ☆ I make my laces the same length
- ☆ I tie a double knot
- ☆ I tie two shoes in one minute

Make your certificate for free at veter.nl/en/shoe-tying-certificate