

# LESSON 2

## Tying Shoes

### Getting Ready

1. Read through the lesson before working with the learner.
2. Organize the materials you will need for the lesson:
  - A pair of shoes with laces
  - Instructor's Chart
  - Learner's Chart
  - Pencil and crayons for marking charts
  - Reward badge
3. Arrange a work space that will best suit lesson activities.
4. Begin working with the learner.

### Directions

Begin with the right shoe. Stand behind the learner while teaching him to tie the shoe. If the learner is left handed, begin with the left shoe.

**Note:** Until the learner can tie both shoes on his own, teach Lesson 2 each day.

### Instructor's Dialogue

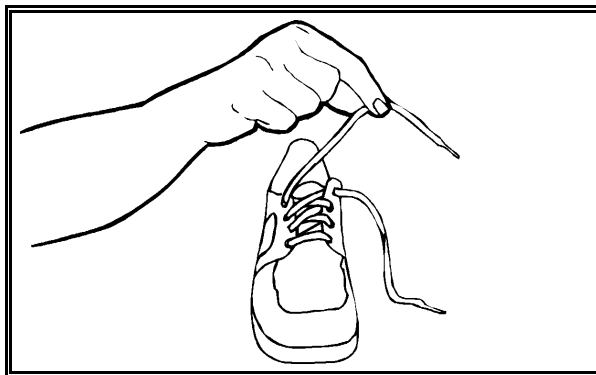
#### Step A (Show)

**I:** I will help you learn to tie the shoe. Look here.

(Point to the right shoe.)

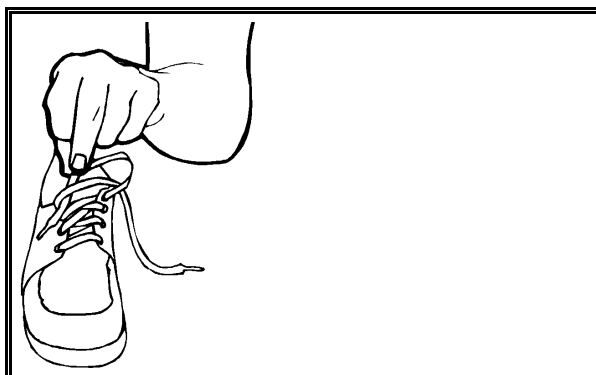
**I:** First, I hold the end of the right lace and put it over here.

(Put the right lace on the left side of the shoe.)



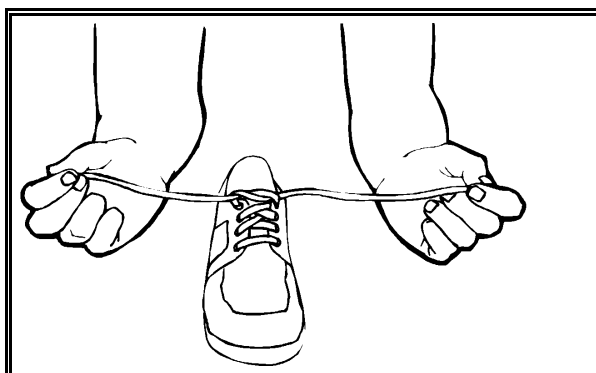
**I:** Then I pick up the left lace and I go over and under the right lace.

(Pick up the left lace and go over and under the right lace.)



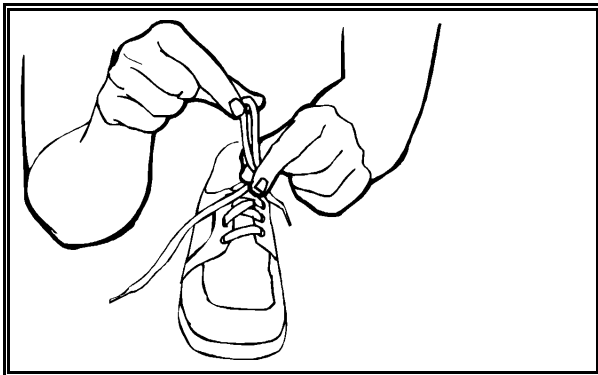
**I:** Next I hold the ends of both laces and pull tightly.

(Hold the ends of both laces and pull tightly.)



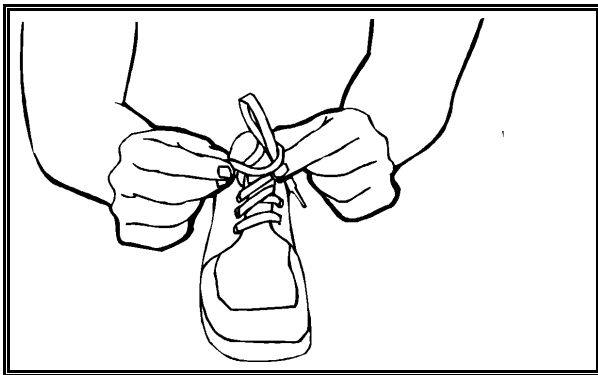
**I:** Now with this hand, I pick up the left lace and pinch it together at the bottom with this hand.

**I:** (Pick up the middle of the left lace with your right hand and pinch the lace at the bottom with your left hand.)



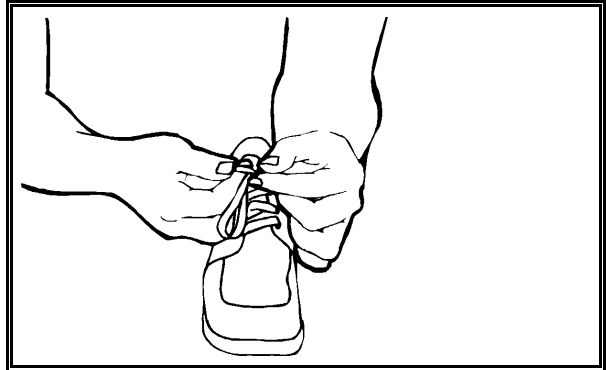
**I:** Now here comes the tricky part. Watch! I pick up the right lace with this hand and put it around the loop.

(Put the right lace around the loop.)



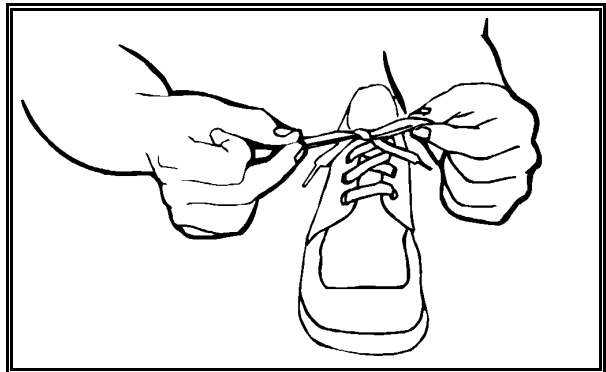
**I:**Next I push the lace through here with this finger.

(Push the lace through the hole with your index finger.)



**I:**Now I hold the little loop with this hand, the big loop with this hand, and pull.

(Hold the left loop with your left hand, the right loop with your right hand, and pull both loops.)



**I:**There! The shoe is tied.

Now you untie the shoe.

**L:**(Unties the shoe.)

**I:**Great! You untied the shoe by yourself.

(Proceed to Step B.)

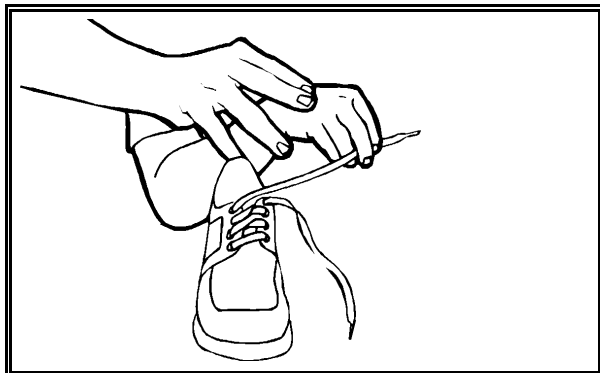
**Step B (Help)**

**I:** (Begin with the shoe untied.)

**Let's try tying the shoe together.**

**First, we hold the end of the right lace and put it over here.**

(Help the learner put the right lace on the left side of the shoe.)

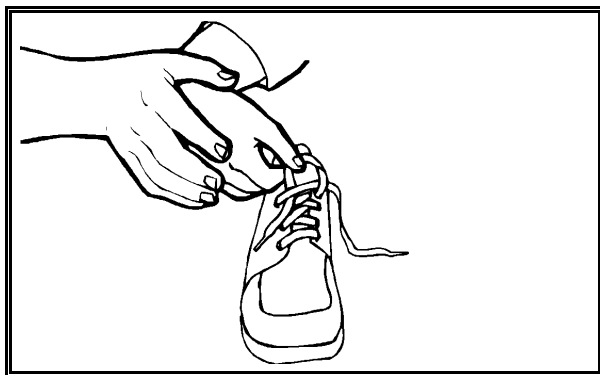


**L:** (Puts the right lace on the left side of the shoe with the instructor's help.)

**I:** **That's just where it goes!**

**Now we pick up the left lace and go over and under the right lace.**

(Help the learner pick up the left lace and go over and under the right lace.)

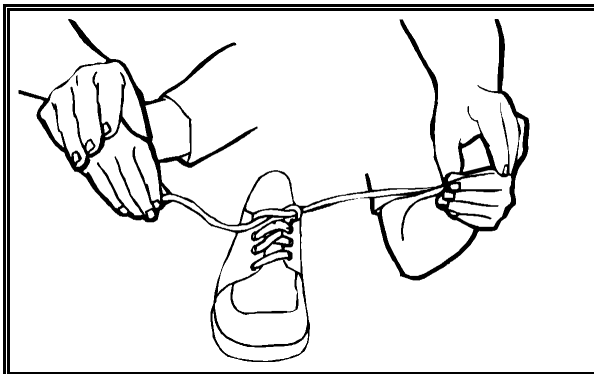


**L:** (Puts the left lace over and under the right lace with the instructor's help.)

**I:** **You did a good job with the laces!**

**I:**Next we hold the ends of both laces and pull tightly.

(Help the learner hold the ends of both laces and pull tightly.)

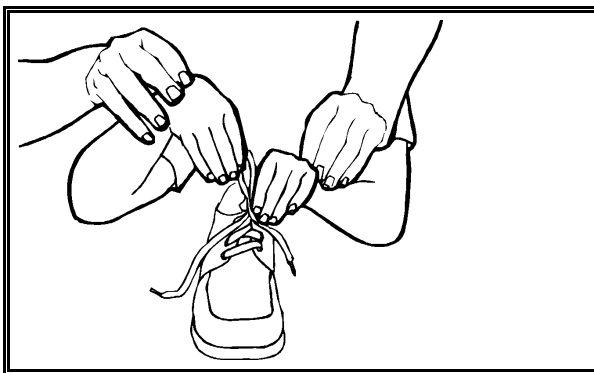


**L:**(Holds the ends of both laces and pulls tightly with the instructor's help.)

**I:**That's the way to pull!

**Now we pick up the left lace with this hand and pinch it together at the bottom with this hand.**

(Help the learner pick up the middle of the left lace with his right hand and pinch the lace at the bottom with his left hand.)

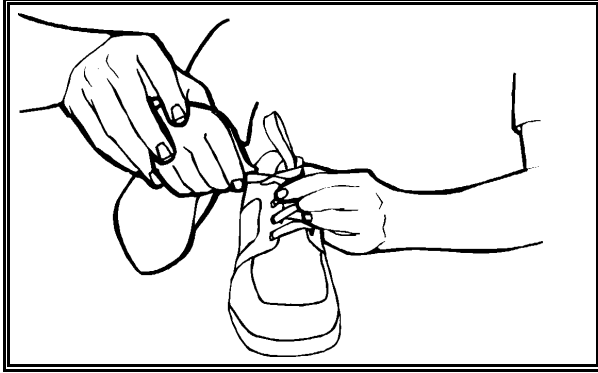


**L:**(Picks up the middle of the left lace with his right hand and pinches the lace at the bottom with his left hand with the instructor's help.)

**I:**Great! You made a loop.

**I:** Now we pick up the right lace with this hand and put it around the loop.

(Help the learner put the right lace around the loop.)

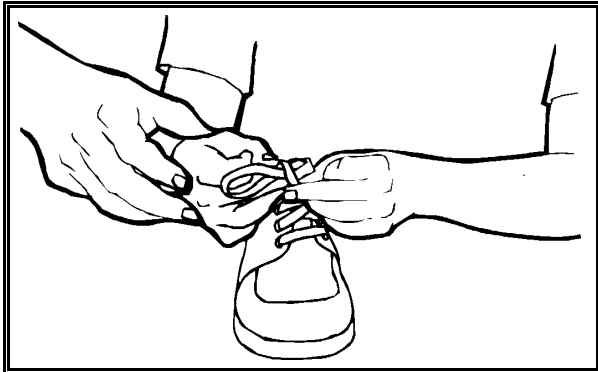


**L:** (Puts the right lace around the loop with the instructor's help.)

**I:** That's the way to do it!

Next we push the lace through here with this finger.

(Help the learner push the lace through the hole with his index finger.)

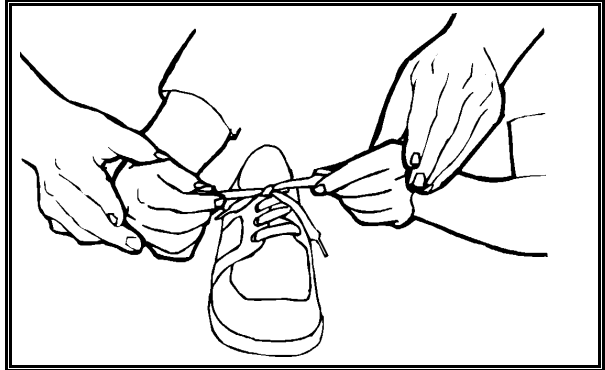


**L:** (Pushes the lace through the hole with the instructor's help.)

**I:** You did a good job pushing!

**I:** Now we hold the little loop with this hand, the big loop with this hand, and pull.

(Help the learner hold the left loop with his left hand, the right loop with his right hand, and pull both loops.)



**L:** (Finishes pulling both loops with the instructor's help.)

**I:** We did it! We tied the shoe.

Now you untie the shoe.

**L:** (Unties the shoe.)

**I:** Good job! You untied the shoe by yourself.

**Reducing Help:** Repeat Step B reducing the amount of assistance by using the Help, Touch, Point, and Tell Steps method (used in Lesson 1). When the learner correctly responds to Tell Steps, proceed to Step C.

**Note:** If the learner is having difficulty with the laces, use long, stiff laces made of rawhide or other material.

**Step C (Tell)**

I: (Begin with the shoe untied.)

**This time tie the shoe by yourself. Ready. Do it.**

L: (Ties the shoe.)

I: **Great! You tied the shoe by yourself.**

**Correction Procedure:** If the learner has difficulty, return to Step B (Help).

(If the learner successfully ties the right shoe three times in a row by himself, repeat Lesson 2 having him use the left shoe. When the learner can successfully tie both shoes off his feet, have him put the shoes on his feet and tie them. If the learner has difficulty tying the shoes when he is wearing them, repeat Lesson 2 having him wear the shoes.)

(The learner has completed the lesson when he can successfully tie both shoes when they are on his feet without help or demonstration. Mark the Instructor's Chart and give the learner a reward badge.)

**Correcting Common Problems**

**Tying with One Loop:** Periodically tie your shoe with only one loop. Ask the learner if he can find any mistakes. Praise him when he does. Tell him you'll be checking to see if he makes any mistakes. If he hasn't made a mistake when you check, give him plenty of praise.

**Knots:** Knots are usually the result of the learner improperly untying his shoes. The following exercise will be helpful in preventing such mistakes:

I:(Hold the loop of the lace.)

**Do I pull this to untie the shoe.**

L:(Says no.)

**To Correct:**

**I:I fooled you! I pull the end of the lace. What do I pull?**

L:The end of the lace.

**I:I can't fool you. I pull the end of the lace. If I pull this loop, I'll get a knot.**

**Summary**

With the completion of this unit, the learner has acquired the skills of tying and untying shoes. To ensure that he continues to use these skills, provide him with plenty of practice. Continue to praise him for tying and untying shoes when he dresses and undresses. Encourage him to demonstrate his new skills to other adults or members of his family. This will not only provide practice but it will also be an excellent source of reinforcement.

Should the learner "lose" or forget his skills (tying or untying shoes), reteach the lesson(s) and provide more practice.