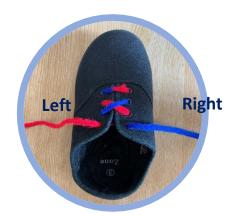
## **Buckinghamshire Healthcare**



The blue lace should be on the right hand side and the red lace on the left hand side to start with.



How To Tie Shoe Laces (Bunny Ears)

2. Cross the red lace over to the right hand side beside the blue lace.



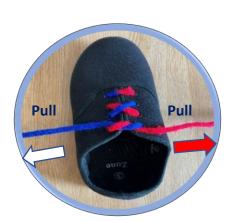
3. Now cross the blue lace over to the left hand side to create an X.



Take the end of the red lace (with right hand) and place it under the X (top to bottom).



Pull the red lace (with right hand) and blue lace (with left hand) together at the same time.



6. Pull both laces tight.



Loop one lace into a rabbit ear.



8. Hold it in place with your pincer fingers.



9. Do this again with the other side lace.



## **Buckinghamshire Healthcare**





10. Make sure you hold the rabbit ears at the bottom, next to the knot.



11. Cross the rabbit ears over each other so that the red ear is in the front of the blue.



12. Pull the blue ear over the red and push through the 'hole' beneath where they cross.



13. Pull the blue ear right through to



14. Pinch each loop with your pincer fingers.



15. Tighten the rabbit ears into a bow.



Well done!



Safe & compassionate care,

every time



