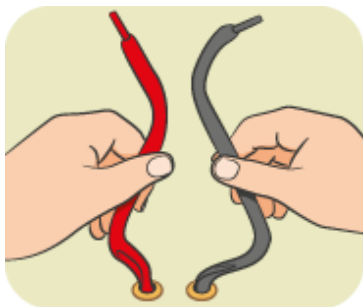
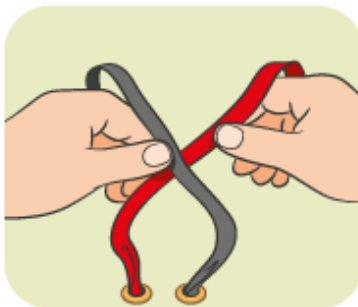


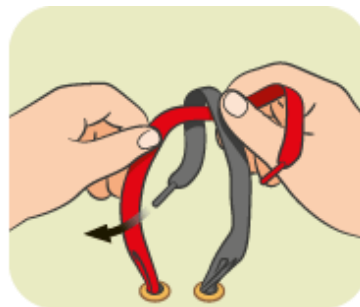
How to tie shoelaces: in pictures



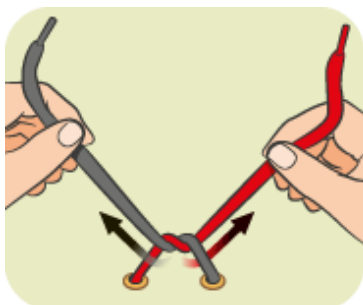
When it comes to getting dressed, the 'bunny ears' method is one way of tying shoelaces. The first step is to take a shoelace in each hand.



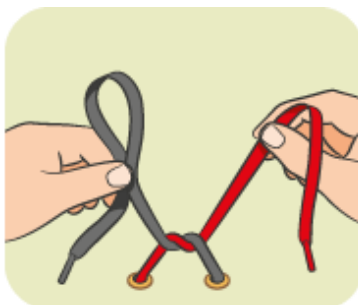
Cross the black lace over the red lace halfway up the laces.



Take the end of the black lace and put it over the red lace. Now poke it through the cross or bunny hole.



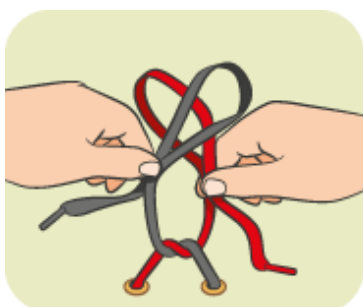
Hold on to the ends of the red and black laces and pull tight. The cross should now be close to the shoe.



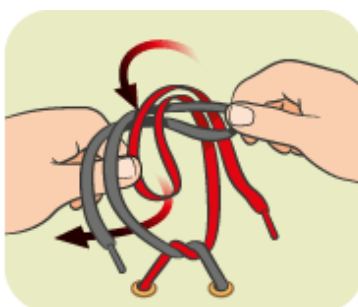
Take the black lace and make a small loop, or 'bunny ear'. The 'bunny ear' loop should have a long tail.



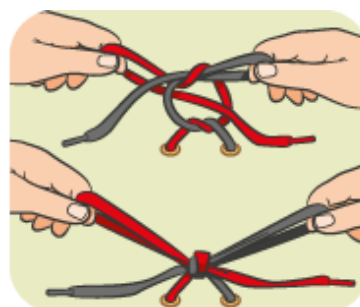
Take the red lace and make a small loop, or 'bunny ear'. The 'bunny ear' loop should have a long tail.



Cross the middle of the black loop ('bunny ear') over the middle of the red loop ('bunny ear').



Take the top of the red loop ('bunny ear') and put it over the black loop ('bunny ear'). Now poke it through the cross or hole.



Put your fingers inside the ends of the loops ('bunny ears'), then hold on and pull tight. You've now tied the loops in a knot and the lace is tied.