

Tying a school tie.



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Tying a tie for school is usually the last dressing skill children may have to learn. For this skill to develop; plenty of practise is needed as well as lots of patience!

Step by step guide on tying a tie

1. Turn up the shirt collar and place your tie around your neck.
2. Start with the wide end on the right and the narrow end on the left.
3. The tip of the narrow end should rest near chest (near your shirt pocket) so it is shorter than the wide end.
4. Begin by crossing the wide end over the narrow end to the left.
5. Wrap it under and behind the narrow end to the right.
6. Now bring it across the front of the tie to the left.
7. Now bring the wide end up through the neck loop from underneath and pull it through.
8. Next tuck the wide end down through the loop in the front.
9. Tighten by pulling down gently on both ends.
10. Hold the narrow end in one hand and use the other hand to slide the knot up to your neck using side to side movements.
11. Fold down your shirt collar checking around the back of your neck so you cannot see the tie at the back.



Step by step guide to taking off your tie

1. Lift up the collar and hold the knot with your right hand
2. Use the other hand to hold the tie next to the knot.
3. Gently pull your hands away from each other to loosen until the narrow end comes away from the knot.



Hints and tips

- Instead of undoing the tie every day, just loosen it, then you can slide it on and off over your head when you need it.



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Struggling with tying a tie?

Try these adaptations...

- A clip-on tie



- Elasticated tie



- Velcro tie

