

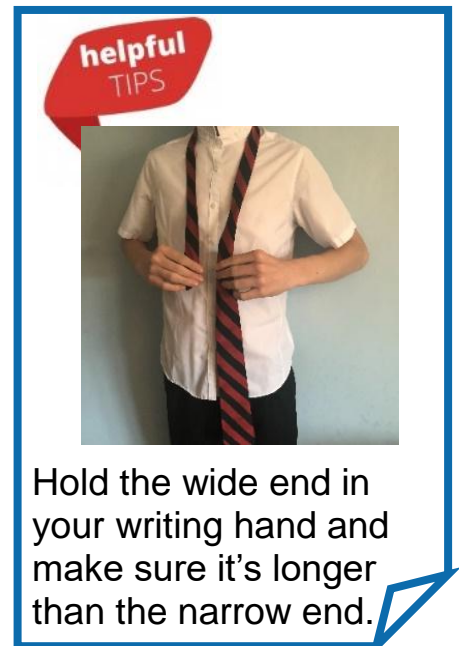
## Putting on a Tie Left Handed Step by Step Instructions



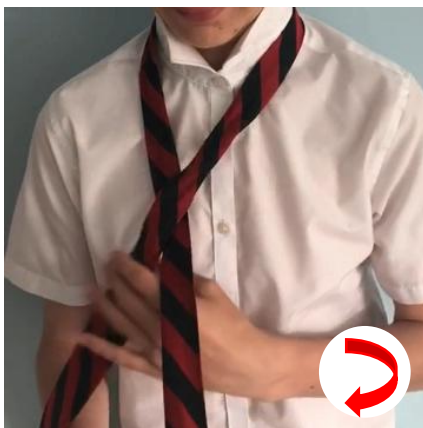
Turn up your collar.



Place the tie around your neck and make sure it is not twisted.



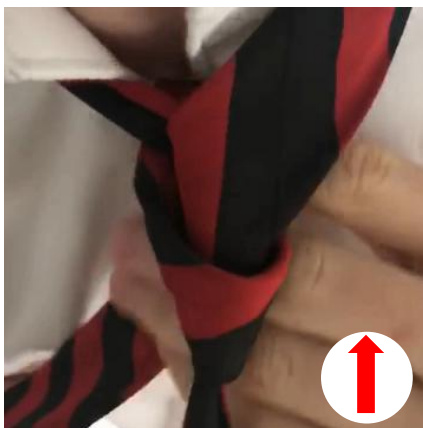
Whilst holding the narrow end, place the wide end over the top and let go of the wide end.



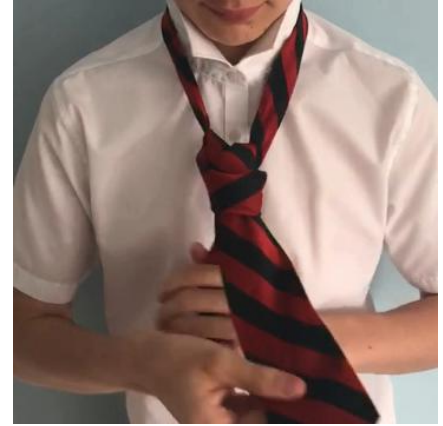
Then put your writing hand behind the tie and grab hold of the wide end again.



Wrap the wide end around the narrow end to end up in the same position as before.



Push the wide end up the back of the knot and pull it through the opening at your neck.



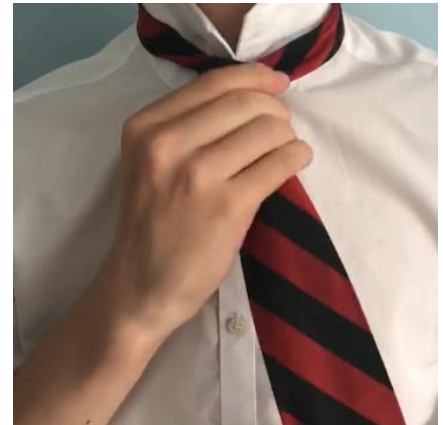
Open the front of the knot and push the wide end down through the opening.



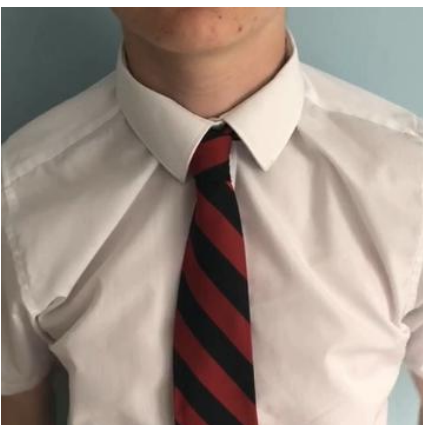
Slowly pull both ends down to tighten the knot.



Keep hold of the narrow end with one hand, move your other hand to the knot.



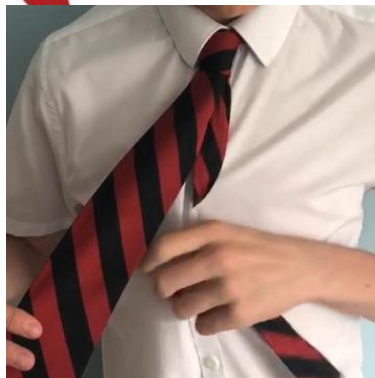
Hold the narrow end tightly and slide the knot up using side to side movements.



Lastly turn your collar back down.



### Hide the Narrow End



Tuck it into your shirt....



or slide the narrow end into the loop at the back of the wide end.

## Taking Off a Tie Step by Step Instructions



Lift up your collar.



Hold the knot with your writing hand and use your other hand to pull the tie upwards, away from your neck.



Instead of completely undoing your tie everyday why not just loosen it? Then you can slide it on and off over your head when you need it.



These are the basic steps to tying your tie.

It may take some time to learn each step but with a little time and patience, you will improve.

Why not start practicing over the weekend as you will have more. Once you feel more confident you can then start tying your tie before going to school.



## Alternative Strategies

If you do find learning to tie your school tie difficult then there are other things you can try:

- Use clip on or elastic ties.
- Ask someone to tie your tie for you the first time. To take your tie off just loosen it and slip it over your head. Now you can slip it on over your head and tighten it up.
- You might need some help with this strategy. Get someone to tie your tie as normal. Cut apart the back of the tie which would be under the collar. Sew Velcro onto both sides next to where you cut, like in the picture. Now you can use the Velcro fastening to put it on or take it off.

