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NHS
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Bwrdd Iechyd Prifysgol
Betsi Cadwaladr
University Health Board



Therapi Galwedigaethol Plant
Canolfan Iechyd Plant Wrexham
Ffordd Croesnewydd, Wrexham LL13 7TD

Children's Occupational Therapy
Wrexham Child Health Centre,
Croesnewydd Road, Wrexham LL13 7TD

School Tie (Left Handed)



1. Start with the collar turned up



2. Put the tie around your neck, wide side to the left and narrow side (shorter) to the right



3. Hold the narrow end with your right hand and keep holding until step 11



4. Cross the wide end over the top of the narrow end so it is now on the right side



5. Reach behind the narrow end with the left hand



6. Pull the wide end behind so it is now on the left side



7. Cross the wide end over the top of the narrow end so it is now on the right side



8. Reach behind the narrow end with the left hand again but this time pull the wide end towards your neck



9. Pull the wide end through the opening



10. Pull the wide end through the opening



11. Put 2 fingers of your left hand up through the knot so it is loose



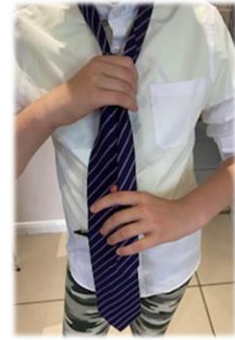
12. Put the wide end of the tie through the opening between your fingers



13. Pull the wide end through



14. Hold the narrow end with your right hand



15. Hold the knot in your right hand



16. Pull down with the left and wiggly the knot up with your right



17. Adjust so it is central and neat



18. Put your collar down and check in the mirror