2018

# Knit Kit: Create, Craft, and Code

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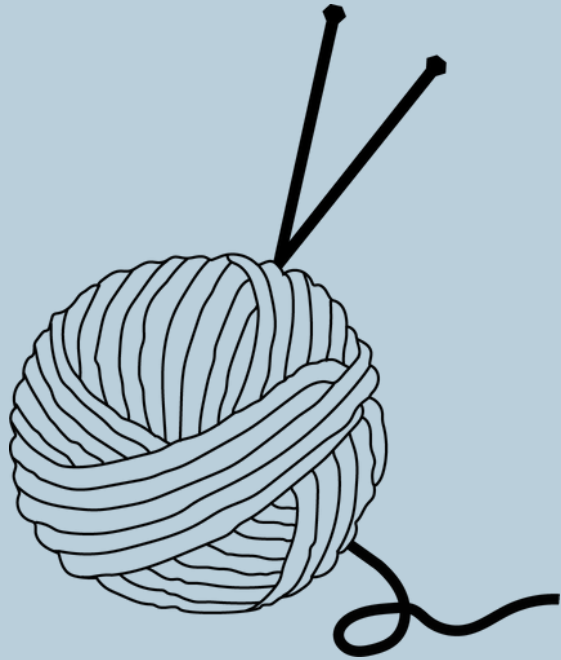Follow this and additional works at: http://digitalcommons.unl.edu/honorshelc

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# $K_{nit}$

# $K_{it}$
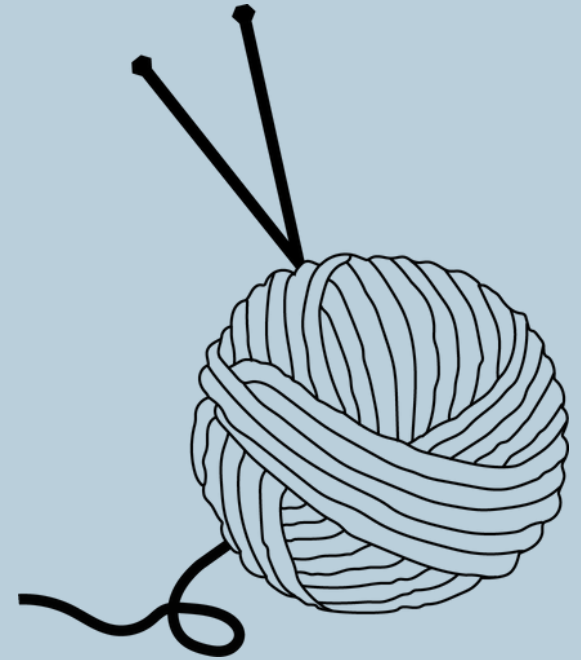
Create, Craft, (and Code)

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# Facilitator's Guide

### Getting Started

So you want to start a knitting club? Wonderful! Knitting is a time-honored craft that is easy to pick up and expand on as skill improves. Although it may seem daunting at first, virtually anyone can learn (and love) to knit.

### Benefits of Learning to Knit

Knitting is a calming and repetitive process that does not demand strict concentration, making it a great activity for students to wind down after a long day at school. In addition to this, knitting teaches/improves:

- Patience
- Perseverance
- Fine motor skills
- Hand-eye coordination
- Critical thinking and problem-solving skills
- Memorization of patterns
- Working out emotions through repetitive action
- Basic knowledge of binary coding

Knitting comes across as an independent activity; however as a club, students will have the opportunity to share their accomplishments and work through difficulties together as a team. This hobby and craft truly can "knit" a group together and create a sense of belonging for students. As well, confidence in oneself and pride in one's work may be boosted as a student progresses and completes projects.

### Objectives

- Learn to knit as a group in a nurturing and relaxing environment
- Build fine motor skills, hand-eye coordination, and pattern recognition
- Develop a basic understanding of knitting code and how it is translated into patterns
- Create wearable/functional items and have fun!

# Facilitator's Guide

### Structure of a Knitting Club

As knitting is a creative pursuit and students may be coming in at different skill levels, the structure of your club can be entirely flexible.
A basic structure includes:

- Ages: 3rd grade-middle school
- Timeframe: 45 minute–1 hour sessions meeting once or twice a week for 8 weeks*

*Timeframes will vary from group to group. Don't hesitate to expand or shorten the sessions or weeks to best fit your group's needs. The timeline provided is solely a suggestion to get you started.

### School & Community Involvement

If available in your school, high school organizations that promote creation and education, such as Family, Career, and Community Leaders of America (FCCLA) or National Art Honor Society (NAHS) could provide support as facilitators. As well, you might consider bringing in experienced knitters from your community who could volunteer their time to teaching students after school.

Often the age gap between K-8 students and high schoolers and adults separates these groups from interacting. By acting as facilitators and mentors to younger students, this involvement from the community and high school works to bridge that gap.

### Materials

The supply list for a knitting club is cost-effective and manageable to acquire and replenish. The essentials include:

- Knitting needles
- Yarn
- Darning needles (used to weave in loose ends)
- Scissors

Yarn and knitting needles can be found in craft stores, Walmart, online, or you may be able to consider donations from the community. Be sure to look for acrylic yarn, as it has the lowest cost.

# Facilitator's Guide

## Potential Timeline (8 weeks)

**Weeks 1-2**

Objective: Become familiar with the basics of knitting & testing them out.

To Teach: Fundamentals of knitting
- Purl & knit stitch
    - The basic blocks of knitting
    - Every design builds off of them
    - Different combinations and modifications create pattern designs
- Cast on & cast off
    - Method for beginning first row of stitches and finishing last row so project stays intact and stitches do not unravel

Methods
- Watch basics of knitting video
- Finger knitting activity to understand knitting is a series of looping yarn
- Practice casting on and casting off stitches with video & facilitators*

*Ideally more than one facilitator will be present at the first few meetings to help prevent students from becoming discouraged.

**Weeks 3-5**

Objective: Practice knitting and purling swatches.

Methods
- Utilize knitting stitch patterns and project guide (and internet as needed)

**Weeks 6-8**

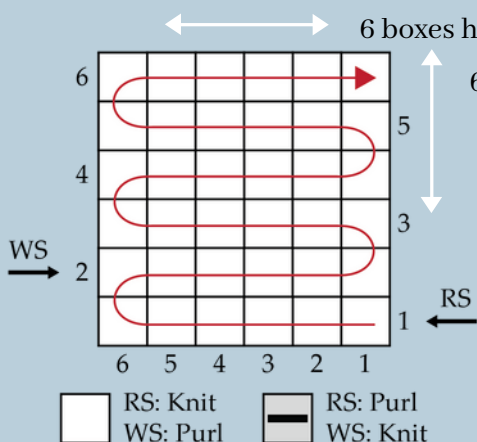Objective: Create personal projects and swatches for Warm Up America*

Methods
- Utilize knitting stitch patterns and project guide (and internet as needed)
- Send completed swatches to Warm Up America

*A non-profit located in Texas dedicated to bringing warmth to those in need. Accepts 7" x 9" knitted or crocheted swatches to be turned into afghans (or already finished afghans) that are then sent on to homeless shelters, social service agencies, veterans in VA hospitals, etc.
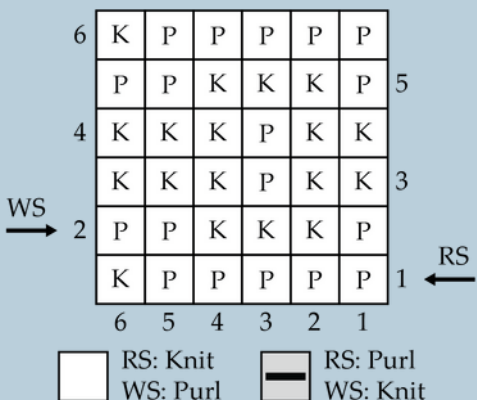
# How To Code a Knitting Stitch Pattern

**1.**

6 boxes horizontal signifies cast on of multiples of 6 stitches

6 boxes running vertical signifies a 6-row repeat

The direction of knitting snakes back and forth as you move up each row because there is a right side (RS) and a wrong side (WS). All odd-numbered rows are on the RS and all even-numbered rows are on the WS.

WS →   1.

RS ←

RS: Knit / WS: Purl     RS: Purl / WS: Knit

**2.**

| 6 | K | P | P | P | P | P |   |
|---|---|---|---|---|---|---|---|
|   | P | P | K | K | K | P | 5 |
| 4 | K | K | K | P | K | K |   |
|   | K | K | K | P | K | K | 3 |
| 2 | P | P | K | K | K | P |   |
|   | K | P | P | P | P | P | 1 |

6  5  4  3  2  1

RS: Knit / WS: Purl     RS: Purl / WS: Knit

Starting on Row 1 and moving right to left, you can see how the first 5 stitches are purled and the final 6th stitch is knitted. Row 2 moves left to right with 2 purl stitches, 3 knit stitches, and 1 purl stitch. The remaining 4 rows follow this same pattern. After the 6th Row, the 6-Row repeat starts again at Row 1.

**3.**

WS →   2.

RS ←

6  5  4  3  2  1

RS: Knit / WS: Purl     RS: Purl / WS: Knit
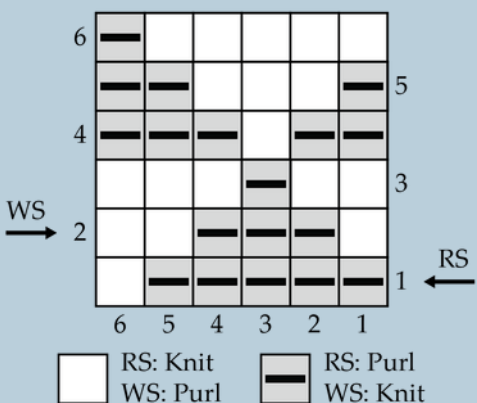
When the code is translated into visual blocks, a knitting chart like this one on the left appears. The shape of the repeating pyramids coming together in the 6 x 6 pattern block is now clear. When knitted, the dark blocks will be raised pyramids on the purl stitch and the white blocks will be flat on the knit stitch. The chart below shows how the block repeats across and up and down.

## Little Pyramids Stitch Instructions/Code
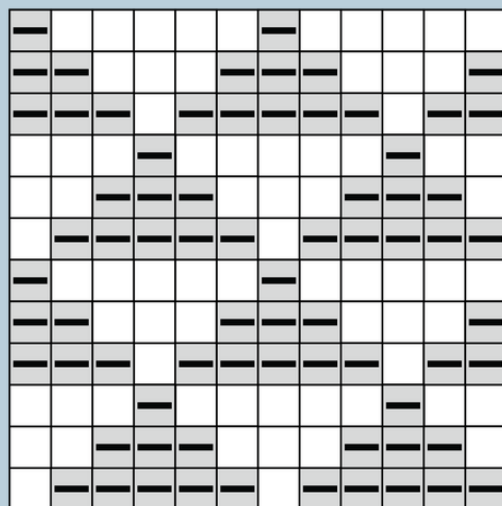
CO: multiples of 6 sts

6-Row Repeat

Row 1 (RS): *p5, k1*

Row 2 (WS): *p2, k3, p1*

Row 3 (RS): *k2, p1, k3*

Row 4 (WS): *k3, p1, k2*

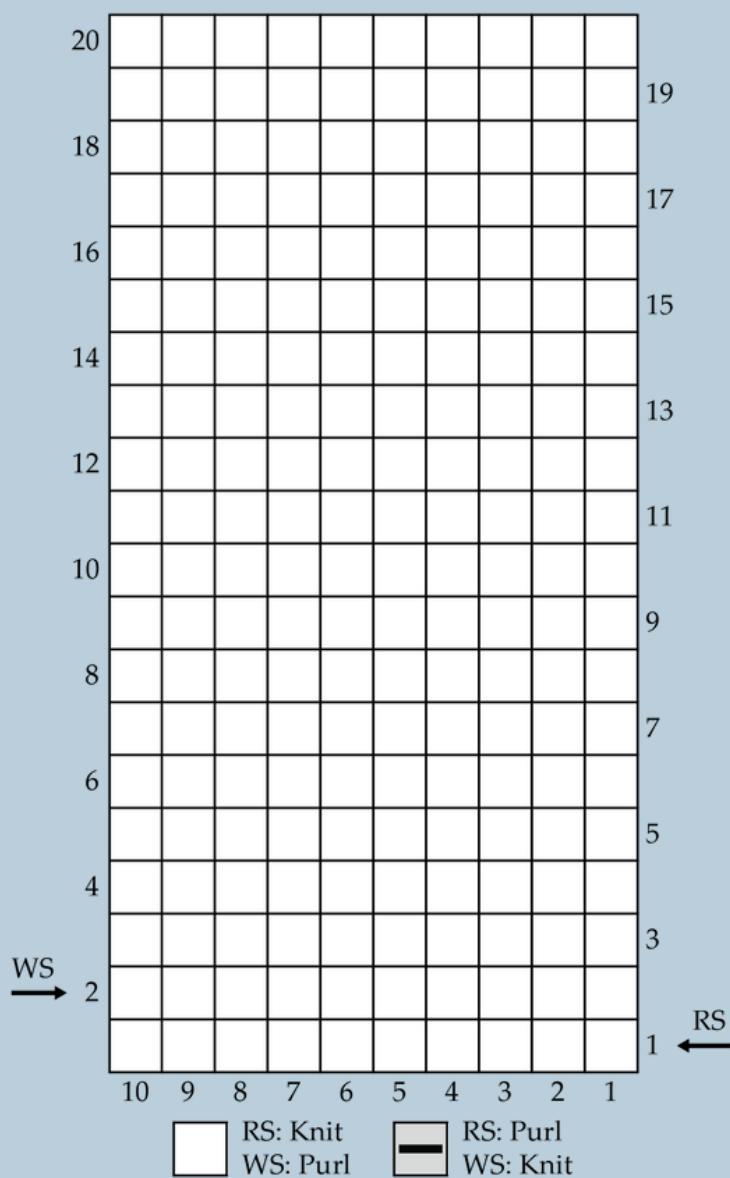Row 5 (RS): *p1, k3, p2*

Row 6 (WS): *k1, p5*

# Coding a Knitting Stitch Pattern for :

## Tumbling Moss Blocks Stitch

Directions: Using a dry erase marker, translate the knitting code by adding in the dashes to the knitting chart to reveal the pattern design.

CO: multiples of 10 sts

20-Row Repeat

Row 1 (RS): *p1, k1*

Row 2 (WS): *p2, (k1, p1) 3 times, k2*

Row 3 (RS): *p3, (k1, p1) twice, k3*

Row 4 (WS): *p4, k1, p1, k4*

Row 5 (RS): *p5, k5*

Row 6 (WS): *p5, k5*

Row 7 (RS): *k1, p4, k4, p1*

Row 8 (WS): *p1, k1, p3, k3, p1, k1*

Row 9 (RS): *k1, p1, k1, p2, k2, p1, k1, p1*

Row 10 (WS): *p1, k1*

Row 11 (RS): *k1, p1*

Row 12 (WS): *p1, k1, p1, k2, p2, k1, p1, k1*

Row 13 (RS): *k1, p1, k3, p3, k1, p1*

Row 14 (WS): *p1, k4, p4, k1*

Row 15 (RS): *k5, p5*

Row 16 (WS): *k5, p5*

Row 17 (RS): *k4, p1, k1, p4*

Row 18 (WS): *k3, (p1, k1) twice, p3*

Row 19 (RS): *k2, (p1, k1) 3 times, p2*

Row 20 (WS): *k1, p1*

WS →

Chart columns: 10 9 8 7 6 5 4 3 2 1

RS: Knit / WS: Purl
RS: Purl / WS: Knit

RS ←

Exercise 1

# Answer Key

## Tumbling Moss Blocks Stitch

CO: multiples of 10 sts

20-Row Repeat



Row 1 (RS): *p1, k1*

Row 2 (WS): *p2, (k1, p1) 3 times, k2*

Row 3 (RS): *p3, (k1, p1) twice, k3*

Row 4 (WS): *p4, k1, p1, k4*

Row 5 (RS): *p5, k5*

Row 6 (WS): *p5, k5*

Row 7 (RS): *k1, p4, k4, p1*

Row 8 (WS): *p1, k1, p3, k3, p1, k1*

Row 9 (RS): *k1, p1, k1, p2, k2, p1, k1, p1*

Row 10 (WS): *p1, k1*

Row 11 (RS): *k1, p1*

Row 12 (WS): *p1, k1, p1, k2, p2, k1, p1, k1*

Row 13 (RS): *k1, p1, k3, p3, k1, p1*

Row 14 (WS): *p1, k4, p4, k1*

Row 15 (RS): *k5, p5*

Row 16 (WS): *k5, p5*

Row 17 (RS): *k4, p1, k1, p4*

Row 18 (WS): *k3, (p1, k1) twice, p3*
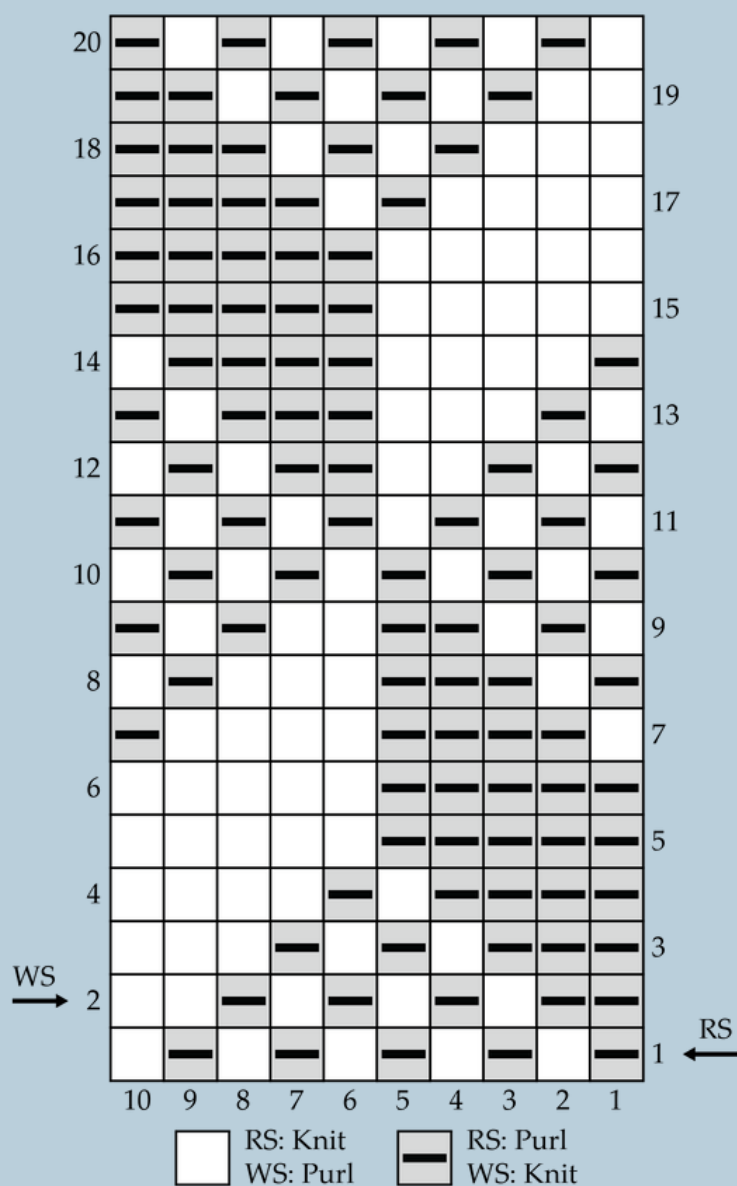
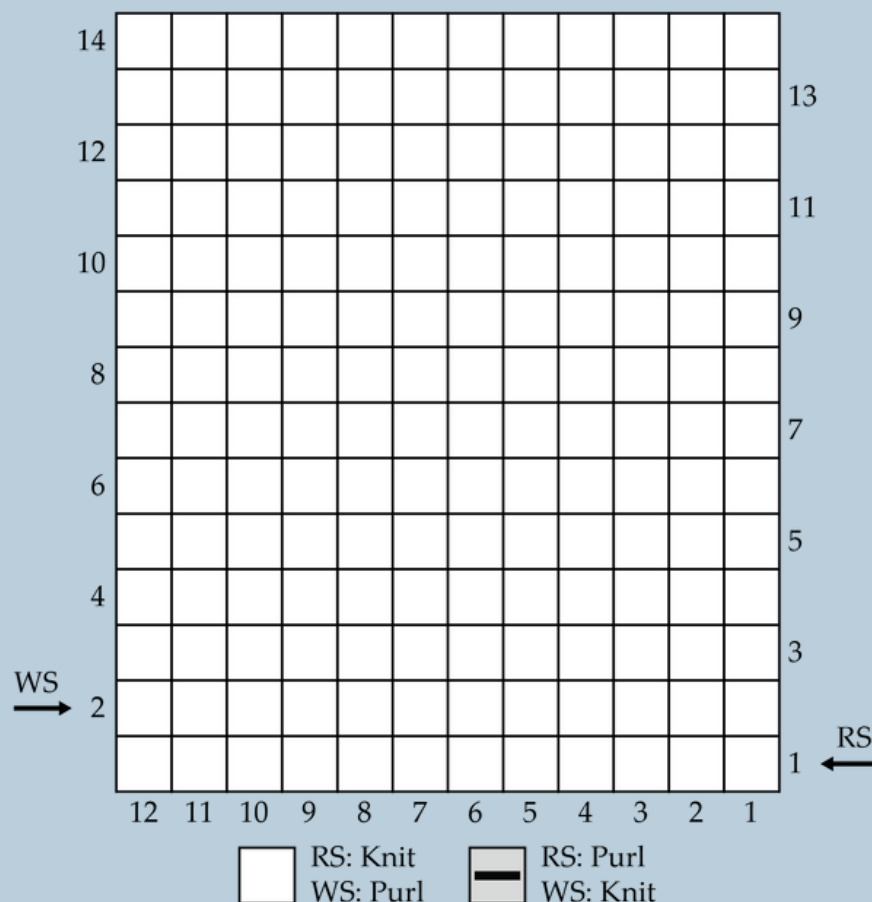Row 19 (RS): *k2, (p1, k1) 3 times, p2*

Row 20 (WS): *k1, p1*

Exercise 1

# Coding a Knitting Stitch Pattern for :

## Diagonal Moss Stripe Stitch

Directions: Using a dry erase marker, translate the knitting code by adding in the dashes to the knitting chart to reveal the pattern design.



CO: multiples of 12 sts

14-Row Repeat

Row 1 (RS): *p1, k5, p1, k2, p1, k1, p1*

Row 2 (WS): *p1, k1, p3, k2, p4, k1*

Row 3 (RS): *p1, k3, p1, k1, p1, k4, p1*

Row 4 (WS): *p5, k2, p1, k1, p2, k1*

Row 5 (RS): *k2, (p1, k1) twice, p1, k5*

Row 6 (WS): *p6, (k1, p1) 3 times*

Row 7 (RS): *(p1, k1) twice, p1, k7*

Row 8 (WS): *p5, k1, p2, k1, p1 ,k2*

Row 9 (RS): *p1, k1, p1, k3, p2, k4*

Row 10 (WS): *p3, k1, p1, k1, p4, k2*

Row 11 (RS): *p1, k5, p2, k1, p1, k2*

Row 12 (WS): *(p1, k1) 3 times, p6*

Row 13 (RS): *k7, (p1, k1) twice, p1*

Row 14 (WS): *(p1, k1) twice, p7, k1*

Exercise 2

## Diagonal Moss Stripe Stitch



CO: multiples of 12 sts

14-Row Repeat

Row 1 (RS): *p1, k5, p1, k2, p1, k1, p1*

Row 2 (WS): *p1, k1, p3, k2, p4, k1*

Row 3 (RS): *p1, k3, p1, k1, p1, k4, p1*

Row 4 (WS): *p5, k2, p1, k1, p2, k1*

Row 5 (RS): *k2, (p1, k1) twice, p1, k5*

Row 6 (WS): *p6, (k1, p1) 3 times*

Row 7 (RS): *(p1, k1) twice, p1, k7*

Row 8 (WS): *p5, k1, p2, k1, p1 ,k2*

Row 9 (RS): *p1, k1, p1, k3, p2, k4*

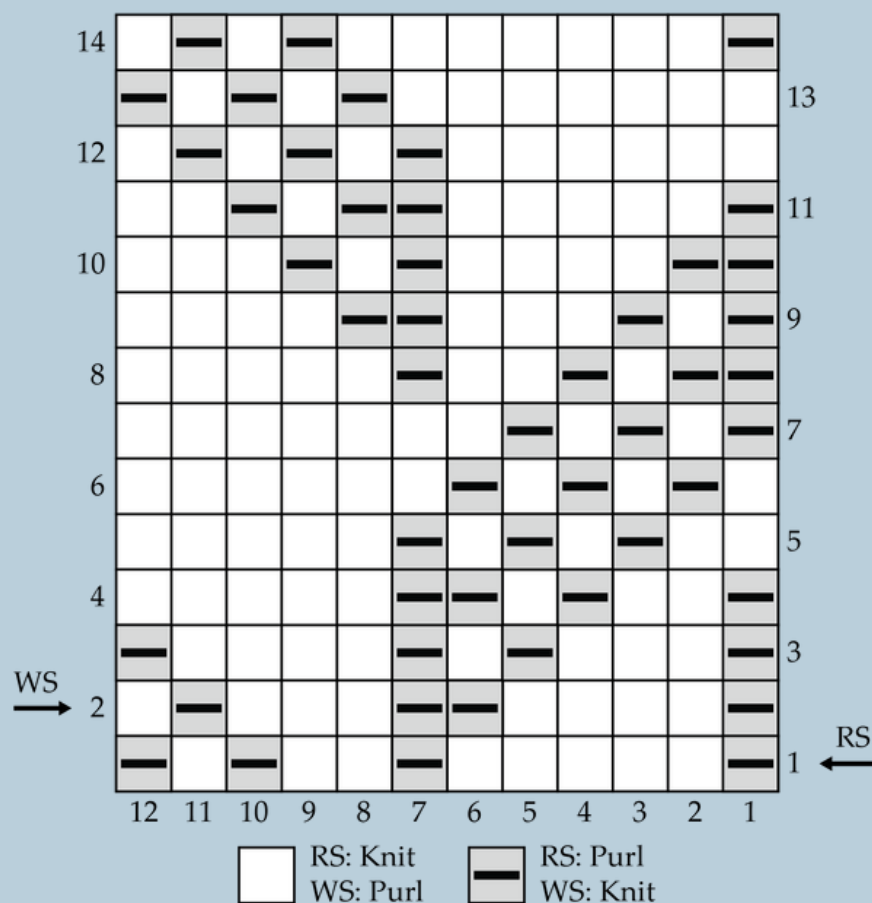Row 10 (WS): *p3, k1, p1, k1, p4, k2*

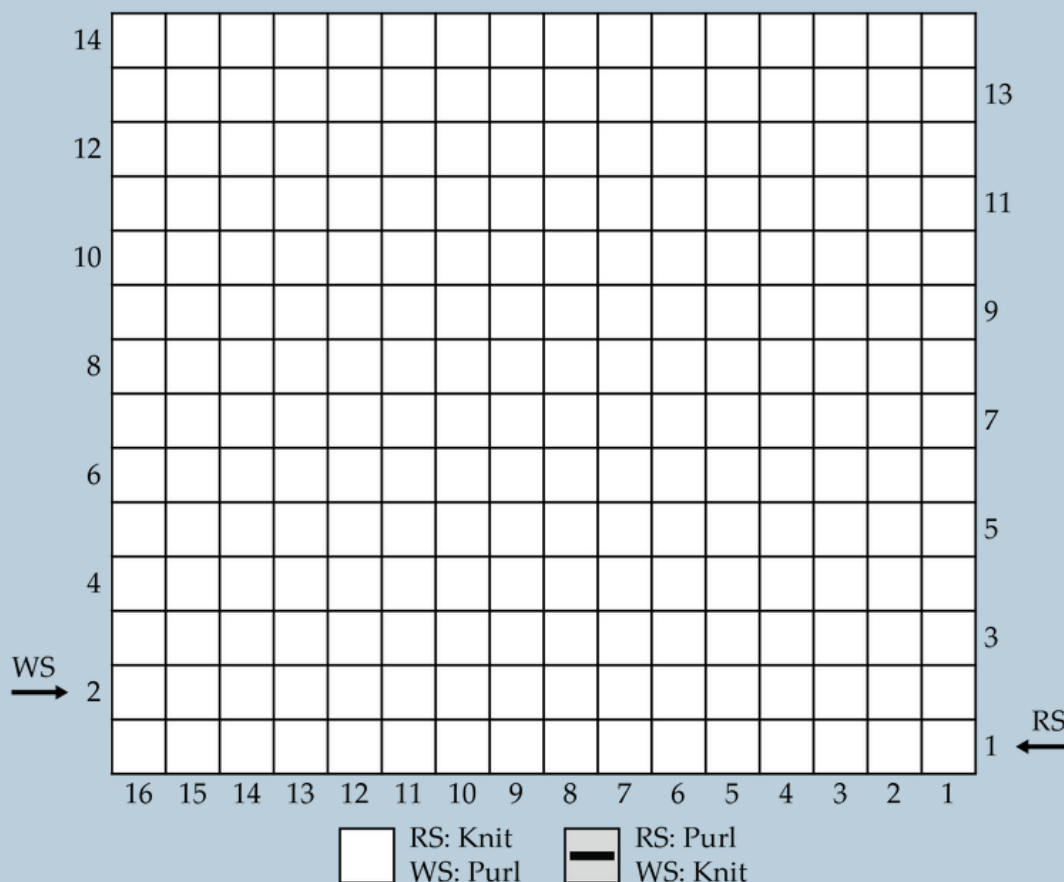Row 11 (RS): *p1, k5, p2, k1, p1, k2*

Row 12 (WS): *(p1, k1) 3 times, p6*

Row 13 (RS): *k7, (p1, k1) twice, p1*

Row 14 (WS): *(p1, k1) twice, p7, k1*

Exercise 2

# Coding a Knitting Stitch Pattern for :

## Hexagon Scales Stitch

Directions: Using a dry erase marker, translate the knitting code by adding in the dashes to the knitting chart to reveal the pattern design.

(chart grid with rows numbered 1–14 and columns 1–16)

WS → 2

RS ← 1

16 15 14 13 12 11 10 9 8 7 6 5 4 3 2 1

| | RS: Knit / WS: Purl | | RS: Purl / WS: Knit |

CO: multiples of 16 sts

14-Row Repeat

Row 1 (RS): *k5, p6, k5*

Row 2 (WS): *p4, k8, p4*

Row 3 (RS): *k3, p10, k3*

Row 4 (WS): *p2, k4, p4, k4, p2*

Row 5 (RS): *k2, p3, k6, p3, k2*

Row 6 (WS): *p2, k2, p8, k2, p2*

Row 7 (RS): * k2, p1, k10, p1, k2*

Row 8 (WS): *k3, p10, k3*

Row 9 (RS): *p4, k8, p4*

Row 10 (WS): *k5, p6, k5*

Row 11 (RS): *k2, p4, k4, p4, k2*

Row 12 (WS): *p3, k3, p4, k3, p3*

Row 13 (RS): *k4, p2, k4, p2, k4*

Row 14 (WS): *p5, k1, p4, k1, p5*

# Answer Key

CO: multiples of 16 sts

14-Row Repeat

Row 1 (RS): *k5, p6, k5*

Row 2 (WS): *p4, k8, p4*

Row 3 (RS): *k3, p10, k3*

Row 4 (WS): *p2, k4, p4, k4, p2*

Row 5 (RS): *k2, p3, k6, p3, k2*

Row 6 (WS): *p2, k2, p8, k2, p2*

Row 7 (RS): * k2, p1, k10, p1, k2*

Row 8 (WS): *k3, p10, k3*

Row 9 (RS): *p4, k8, p4*

Row 10 (WS): *k5, p6, k5*

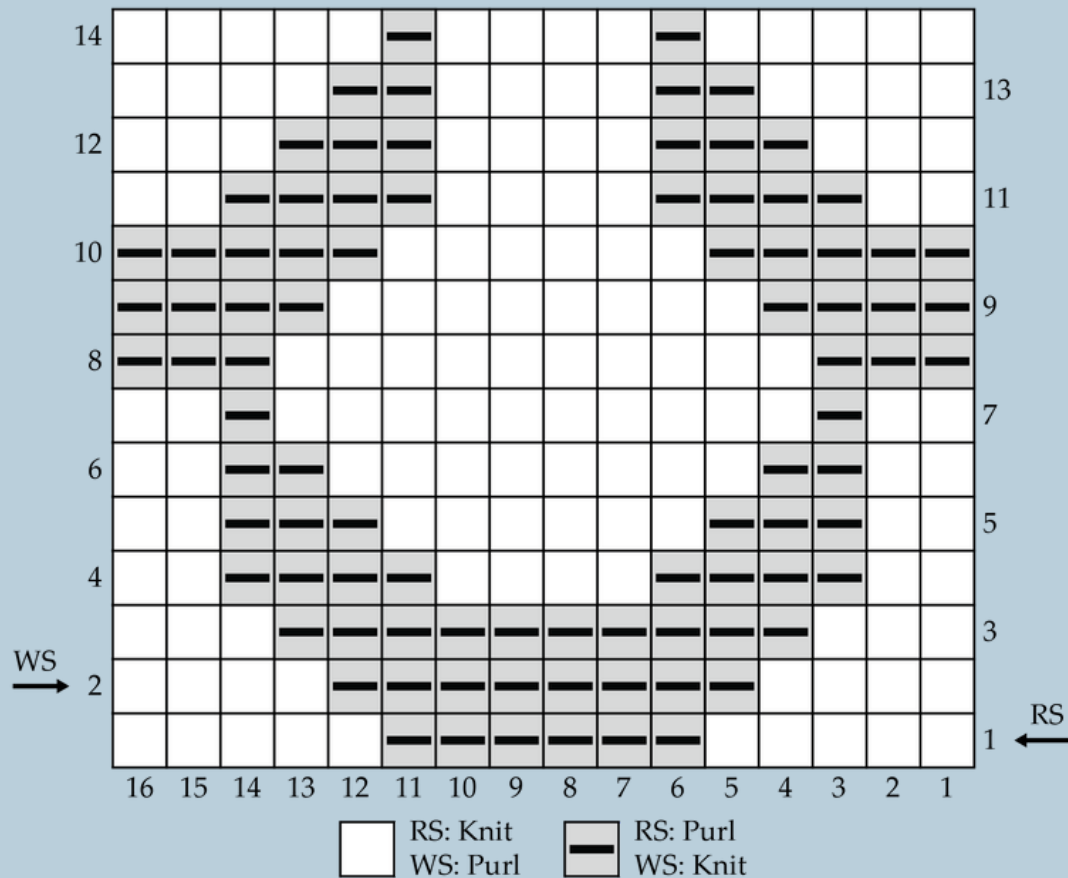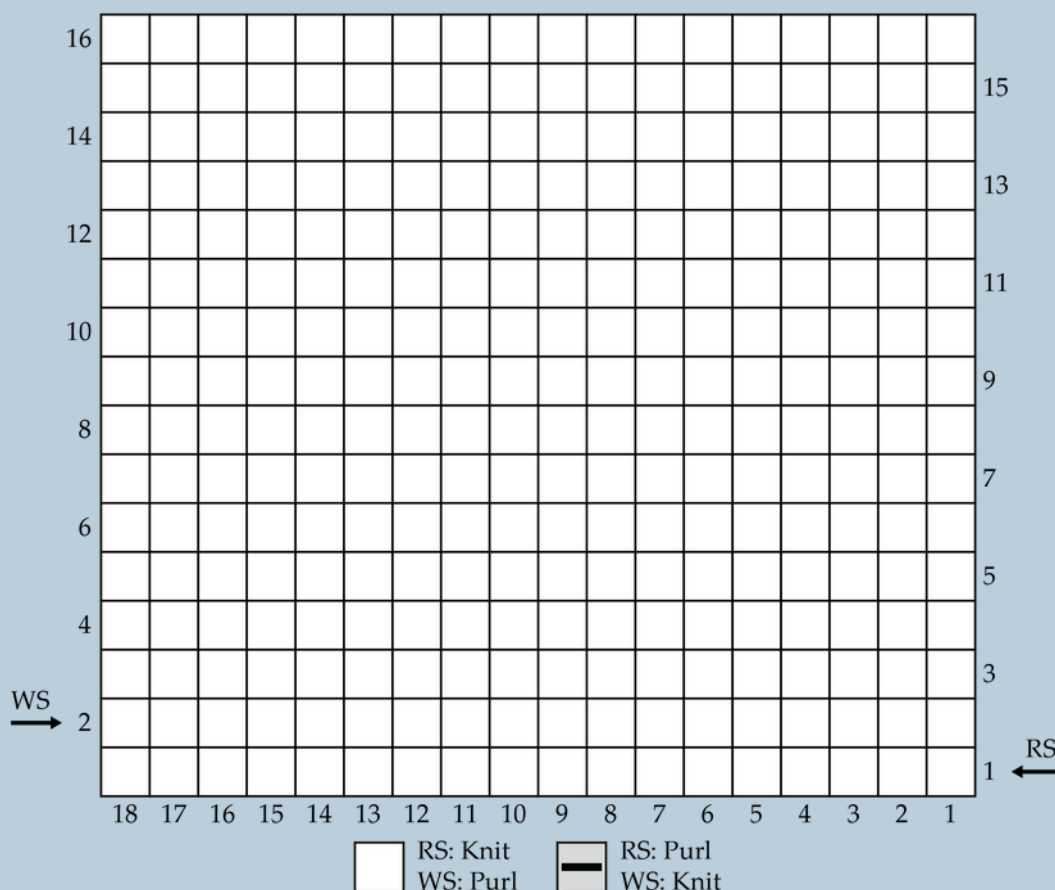Row 11 (RS): *k2, p4, k4, p4, k2*

Row 12 (WS): *p3, k3, p4, k3, p3*

Row 13 (RS): *k4, p2, k4, p2, k4*

Row 14 (WS): *p5, k1, p4, k1, p5*

# Coding a Knitting Stitch Pattern for :

## Moss Checkerboard Stitch

Directions: Using a dry erase marker, translate the knitting code by adding in the dashes to the knitting chart to reveal the pattern design.



Chart grid with row numbers 16, 14, 12, 10, 8, 6, 4, 2 (WS →) on the left and 15, 13, 11, 9, 7, 5, 3, 1 (RS ←) on the right. Column numbers 18, 17, 16, 15, 14, 13, 12, 11, 10, 9, 8, 7, 6, 5, 4, 3, 2, 1 along the bottom.

Legend:
- ☐ RS: Knit / WS: Purl
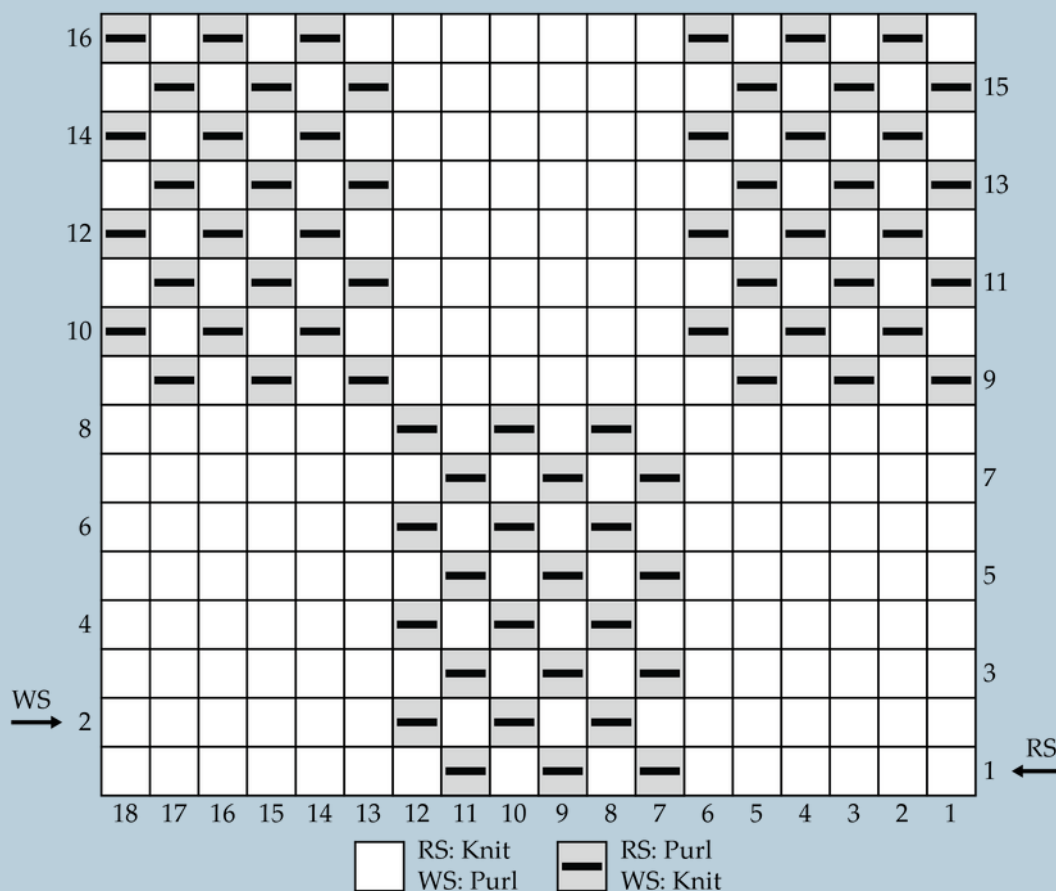- ▬ RS: Purl / WS: Knit

CO: multiples of 12 sts + 6

16-Row Repeat

Row 1 (RS): k6, *(p1, k1) 3 times, k6*

Row 2 (WS): p6, *(k1, p1) 3 times, p6*

Row 3 (RS): k6, *(p1, k1) 3 times, k6*

Row 4 (WS): p6, *(k1, p1) 3 times, p6*

Row 5 (RS): k6, *(p1, k1) 3 times, k6*

Row 6 (WS): p6, *(k1, p1) 3 times, p6*

Row 7 (RS): k6, *(p1, k1) 3 times, k6*

Row 8 (WS): p6, *(k1, p1) 3 times, p6*

Row 9 (RS): (p1, k1) 3 times, *k6, (p1, k1) 3 times*

Row 10 (WS): (k1, p1) 3 times, *p6, (k1, p1) 3 times*

Row 11 (RS): (p1, k1) 3 times, *k6, (p1, k1) 3 times*

Row 12 (WS): (k1, p1) 3 times, *p6, (k1, p1) 3 times*

Row 13 (RS): (p1, k1) 3 times, *k6, (p1, k1) 3 times*

Row 14 (WS): (k1, p1) 3 times, *p6, (k1, p1) 3 times*

Row 15 (RS): (p1, k1) 3 times, *k6, (p1, k1) 3 times*

Row 16 (WS): (k1, p1) 3 times, *p6, (k1, p1) 3 times*

## Moss Checkerboard Stitch



CO: multiples of 12 sts + 6

16-Row Repeat
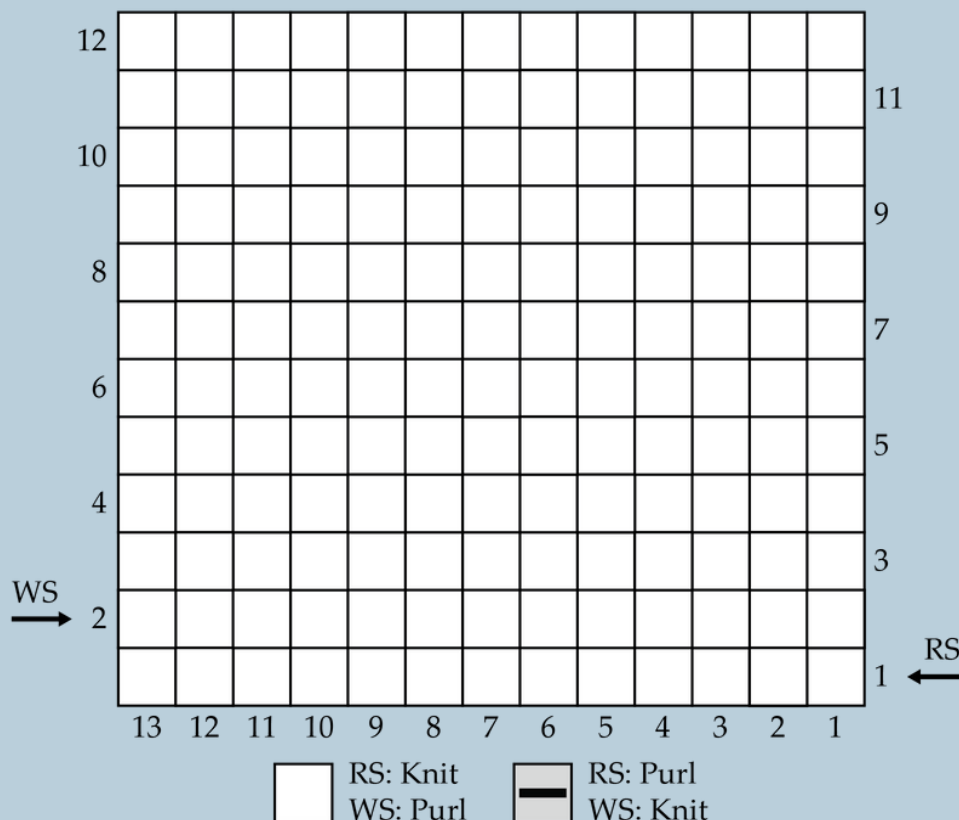
Row 1 (RS): k6, *(p1, k1) 3 times, k6*

Row 2 (WS): p6, *(k1, p1) 3 times, p6*

Row 3 (RS): k6, *(p1, k1) 3 times, k6*

Row 4 (WS): p6, *(k1, p1) 3 times, p6*

Row 5 (RS): k6, *(p1, k1) 3 times, k6*

Row 6 (WS): p6, *(k1, p1) 3 times, p6*

Row 7 (RS): k6, *(p1, k1) 3 times, k6*

Row 8 (WS): p6, *(k1, p1) 3 times, p6*

Row 9 (RS): (p1, k1) 3 times, *k6, (p1, k1) 3 times*

Row 10 (WS): (k1, p1) 3 times, *p6, (k1, p1) 3 times*

Row 11 (RS): (p1, k1) 3 times, *k6, (p1, k1) 3 times*

Row 12 (WS): (k1, p1) 3 times, *p6, (k1, p1) 3 times*

Row 13 (RS): (p1, k1) 3 times, *k6, (p1, k1) 3 times*

Row 14 (WS): (k1, p1) 3 times, *p6, (k1, p1) 3 times*

Row 15 (RS): (p1, k1) 3 times, *k6, (p1, k1) 3 times*

Row 16 (WS): (k1, p1) 3 times, *p6, (k1, p1) 3 times*

Exercise 4

# Coding a Knitting Stitch Pattern for :

## King Charles Brocade Stitch

Directions: Using a dry erase marker, translate the knitting code by adding in the dashes to the knitting chart to reveal the pattern design.

Chart rows numbered 1–12 (left side even: 12, 10, 8, 6, 4, 2; right side odd: 11, 9, 7, 5, 3, 1). Columns numbered 13, 12, 11, 10, 9, 8, 7, 6, 5, 4, 3, 2, 1.

WS → (at row 2)

RS ← (at row 1)

Legend:
- □ RS: Knit / WS: Purl
- � with dash □ RS: Purl / WS: Knit

CO: multiples of 12 sts + 1 more stitch

12-Row Repeat

Row 1 (RS): k1, *p1, k9, p1, k1*

Row 2 (WS): k1, *p1, k1, p7, k1, p1, k1*

Row 3 (RS): k1, *p1, k1, p1, k5, (p1, k1) twice*

Row 4 (WS): p1, *(p1, k1) twice, p3, k1, p1, k1, p2*

Row 5 (RS): k1, *k2, (p1, k1) 3 times, p1, k3*

Row 6 (WS): p1, *p3, (k1, p1) twice, k1, p4*

Row 7 (RS): k1, *k4, p1, k1, p1, k5*

Row 8 (WS): p1, *p3, (k1, p1) twice, k1, p4*

Row 9 (RS): k1, *k2, (p1, k1) 3 times, p1, k3*
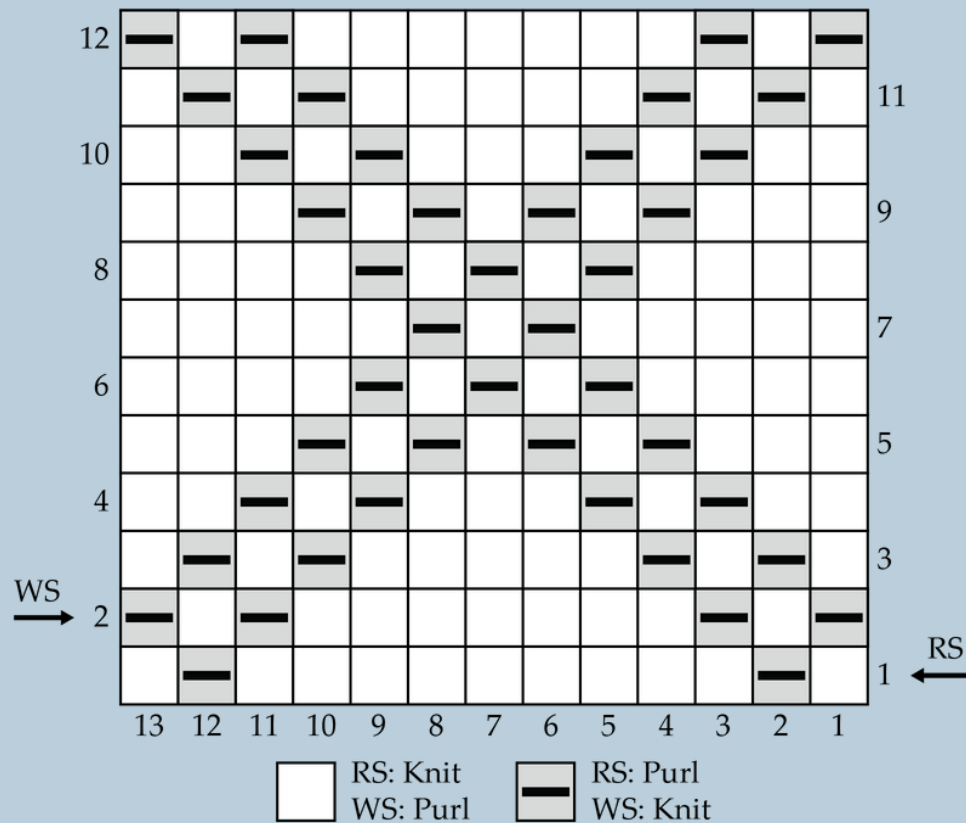
Row 10 (WS): p1, *(p1, k1) twice, p3, k1, p1, k1, p2*

Row 11 (RS): k1, *p1, k1, p1, k5, (p1, k1) twice*

Row 12 (WS): k1, *p1, k1, p7, k1, p1, k1*

Exercise 5

## King Charles Brocade Stitch



CO: multiples of 12 sts + 1 more stitch

12-Row Repeat

Row 1 (RS): k1, *p1, k9, p1, k1*

Row 2 (WS): k1, *p1, k1, p7, k1, p1, k1*

Row 3 (RS): k1, *p1, k1, p1, k5, (p1, k1) twice*

Row 4 (WS): p1, *(p1, k1) twice, p3, k1, p1, k1, p2*

Row 5 (RS): k1, *k2, (p1, k1) 3 times, p1, k3*

Row 6 (WS): p1, *p3, (k1, p1) twice, k1, p4*

Row 7 (RS): k1, *k4, p1, k1, p1, k5*

Row 8 (WS): p1, *p3, (k1, p1) twice, k1, p4*

Row 9 (RS): k1, *k2, (p1, k1) 3 times, p1, k3*
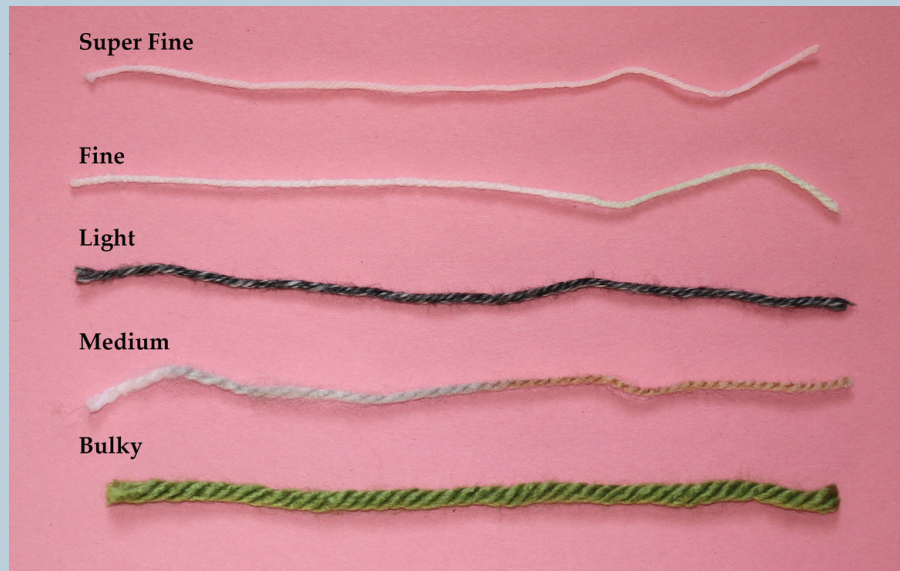
Row 10 (WS): p1, *(p1, k1) twice, p3, k1, p1, k1, p2*

Row 11 (RS): k1, *p1, k1, p1, k5, (p1, k1) twice*

Row 12 (WS): k1, *p1, k1, p7, k1, p1, k1*

Exercise 5

# Guide to Knitting

# Choosing Your Yarn and Needles

Super Fine

Fine

Light

Medium

Bulky

- Yarn is categorized by weight (or thickness) and fiber.
- The Standard Yarn Weight System classifies weights into seven categories. The five most common are pictured left.
- Fibers originate from animals, plants, insects, and synthetic materials.
- The thicker the yarn, the larger the needle size required (and the faster the knitting process).

US 2
US 3
US 4
US 5
US 6
US 7
US 8
US 9
US 10
US 10.5
US 11
US 13
US 15
US 17

- Needles come in a variety of sizes and shapes, and are made out of various materials like bamboo, aluminum, plastic, and wood.
- Often the size range is US 2 to US 17. As the number increases, the larger the stitch (and the faster the knitting process).
- If you don't have a pair of needles on hand, your fingers and arms can knit up some interesting results!
- Bottom line: if you want a project to go quickly, bigger is better.
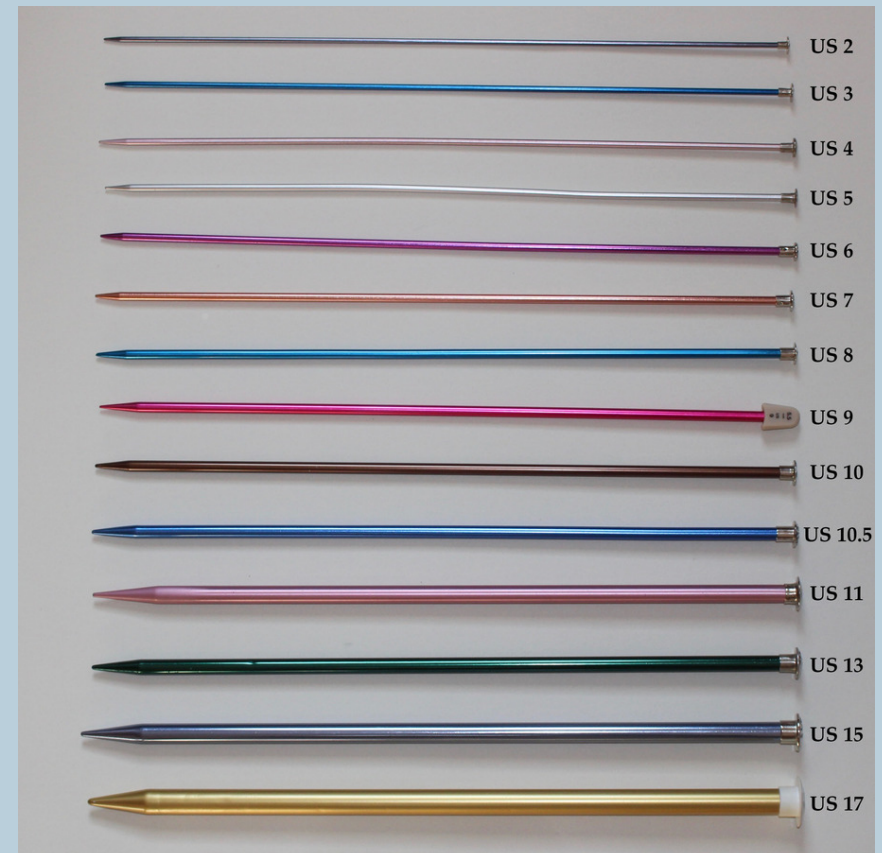
# Understanding a Knitting Pattern

**Abbreviations/Knitting Code**

k=knit

p=purl

CO=cast on

BO=bind off

sts=stitches

RS: right side, the side you want to see on the outside

WS: wrong side, the side that is hidden on the inside

*_____*=knitting stitch pattern is repeated between the asterisks
as many times as the pattern indicates

**Terms**

Tail: the loose ends from casting on, binding off,
ending a ball of yarn or starting a new one
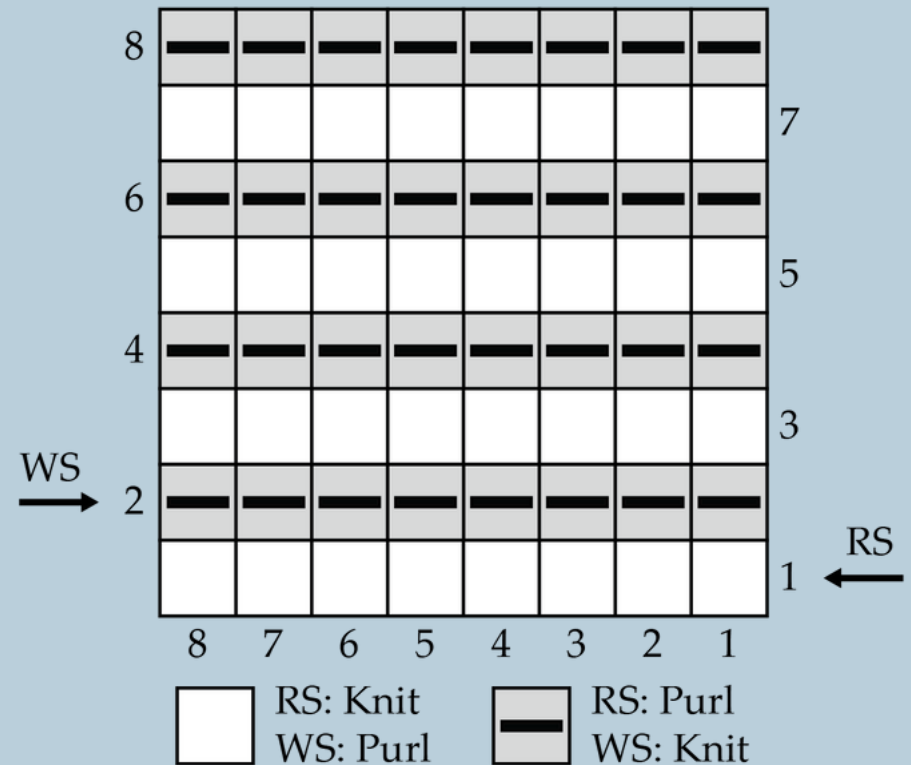
Darning needle: a thick needle for weaving in tails

# Knitting Stitch Patterns

*Organized by increasing difficulty

# Garter Stitch





| | RS: Knit WS: Purl | | | RS: Purl WS: Knit |
|---|---|---|---|---|

- One of the simplest and most common stitch patterns in knitting.
- Features horizontal rows of purl stitches that are reversible on either side.
- Creates a squishy and compact texture.
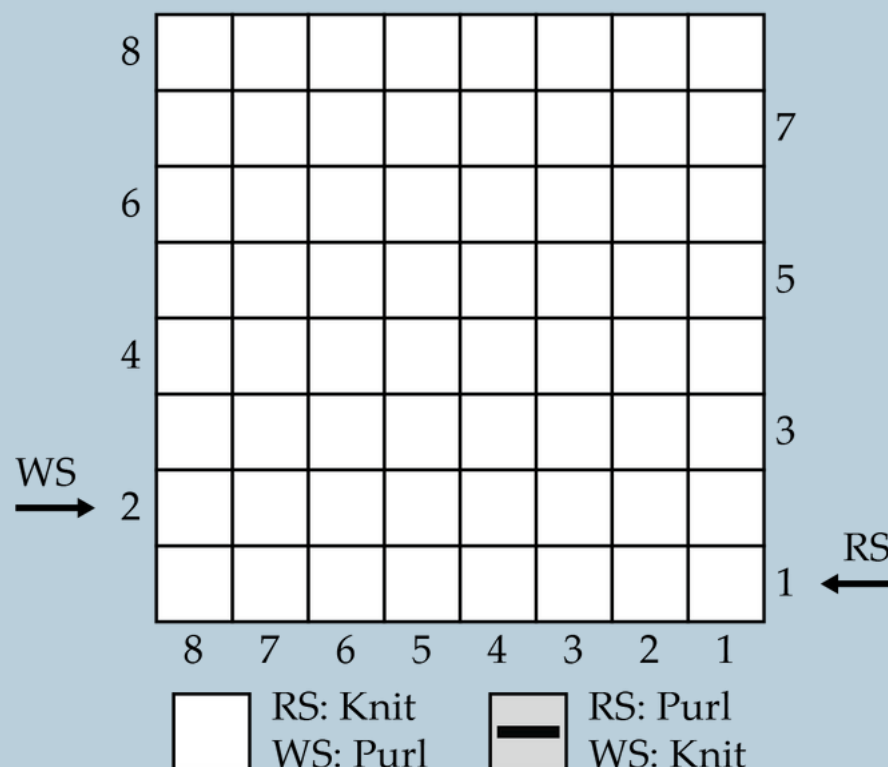
CO: any number of sts

2-Row Repeat

Row 1 (RS): knit all

Row 2 (WS): knit all

# Stockinette Stitch



| | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | |
|---|---|---|---|---|---|---|---|---|---|
| 8 | | | | | | | | | |
| | | | | | | | | | 7 |
| 6 | | | | | | | | | |
| | | | | | | | | | 5 |
| 4 | | | | | | | | | |
| | | | | | | | | | 3 |
| WS → 2 | | | | | | | | | |
| | | | | | | | | | 1 ← RS |

☐ RS: Knit WS: Purl   ▬ RS: Purl WS: Knit

CO: any number of sts

2-Row Repeat

    Row 1 (RS): knit all

    Row 2 (WS): purl all

- One of the simplest and most common stitch patterns in knitting.
- Features vertical rows of knit stitches on the right side and horizontal rows of purl stitches on the wrong side.
- This stitch is the most popular in making all kinds of knit garments. Take a look at your t-shirts. You may find a very tiny version of this stitch.
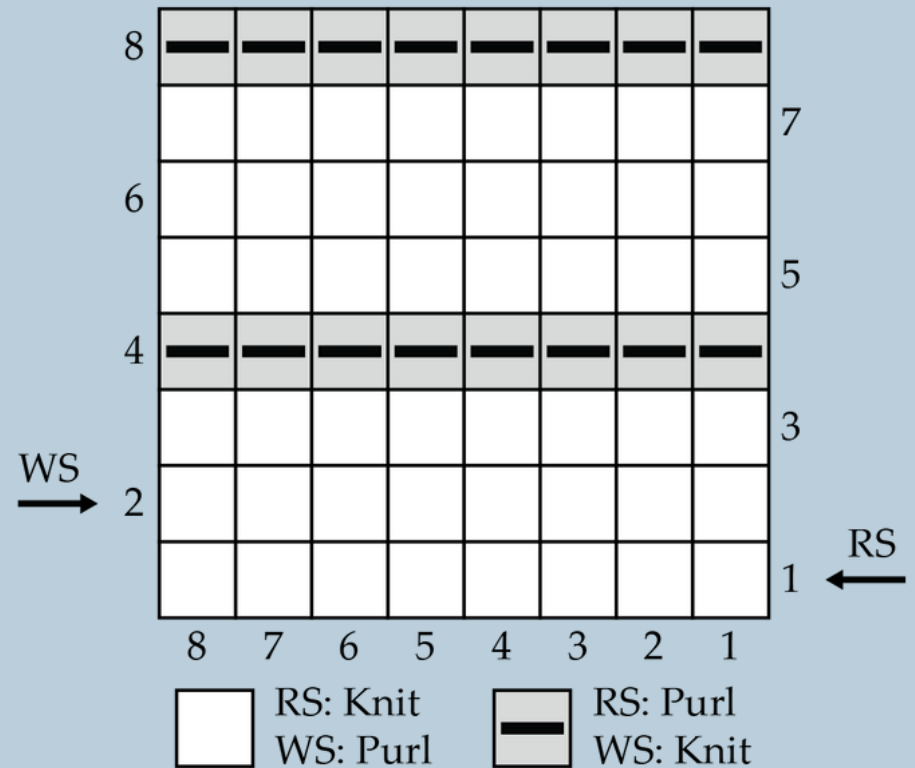
# Raised Stripes Stitch



- A simple pattern that combines the garter and stockinette stitches.
- Features a raised purl stripe every 4th row on the right side.
- You can play around with this pattern however you like by adding more or less rows of purl and knit stitches to create varying thicknesses of stripes.



|  | RS: Knit WS: Purl |  | RS: Purl WS: Knit |
|---|---|---|---|

CO: any number of sts

4-Row Repeat

Row 1 (RS): knit all
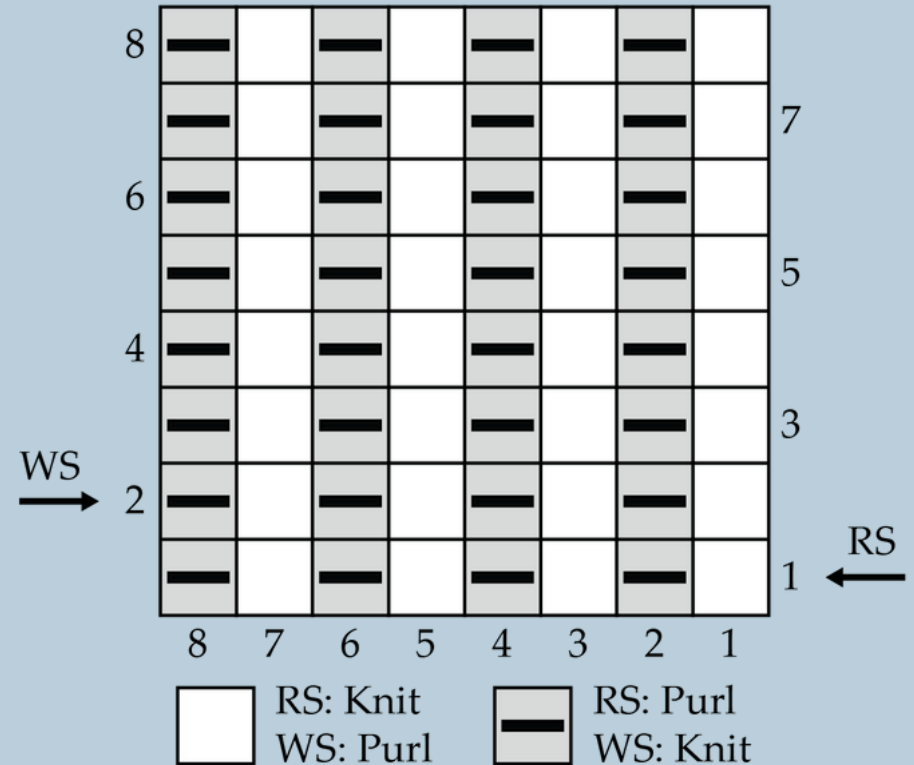
Row 2 (WS): purl all

Row 3 (RS): knit all

Row 4 (WS): knit all

# 1x1 Rib Stitch



- A common stitch pattern that is super stretchy.
- Features raised vertical rows of knit stitches alternating with purl stitches that are reversible on either side.
- The collars, sleeve cuffs, and bottoms of knit garments often have this stitch for ease of putting on and taking off.



| | RS: Knit<br>WS: Purl | | RS: Purl<br>WS: Knit |
|---|---|---|---|

CO: even number of sts

2-Row Repeat

    Row 1 (RS): *k1, p1*

    Row 2 (WS): *k1, p1*

# 2x2 Rib Stitch



The chart shows an 8x8 grid with rows numbered 1-8 and columns numbered 8-1. WS arrow points to row 2 on the left, RS arrow points to row 1 on the right.

**Legend:**

| | |
|---|---|
| □ RS: Knit / WS: Purl | ▬ RS: Purl / WS: Knit |

CO: multiples of 4 sts

2-Row Repeat
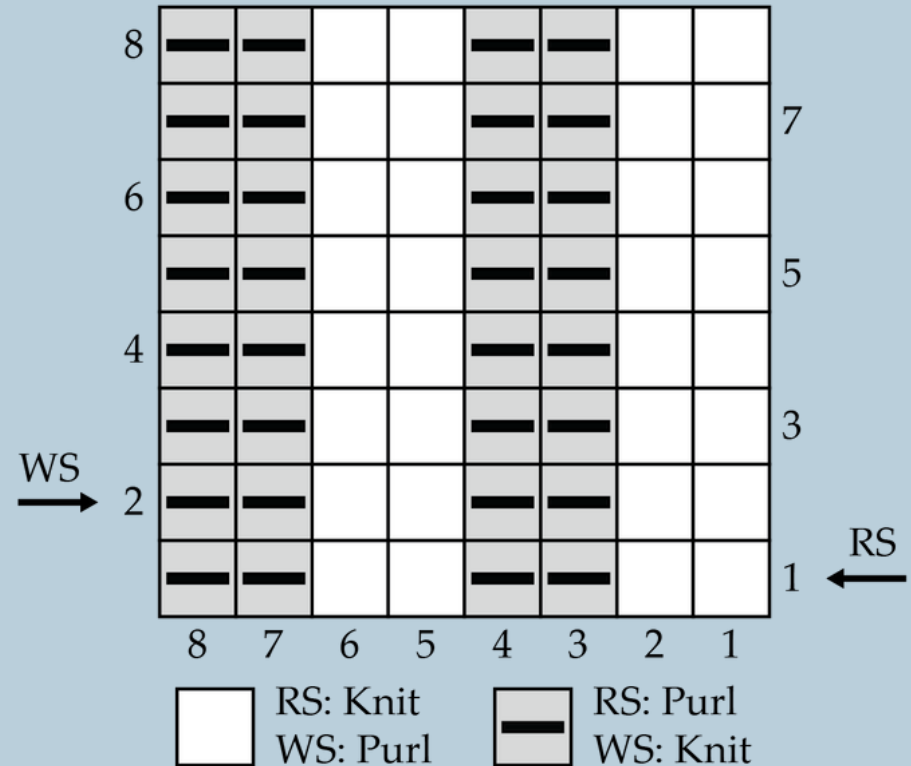
Row 1 (RS): *k2, p2*

Row 2 (WS): *k2, p2*

- A thicker version of the 1x1 rib stitch that is just as stretchy.
- Features double raised vertical rows of knit stitches alternating with purl stitches that are reversible on either side.
- The collars, sleeve cuffs, and bottoms of knit garments often have this stitch for ease of putting on and taking off.
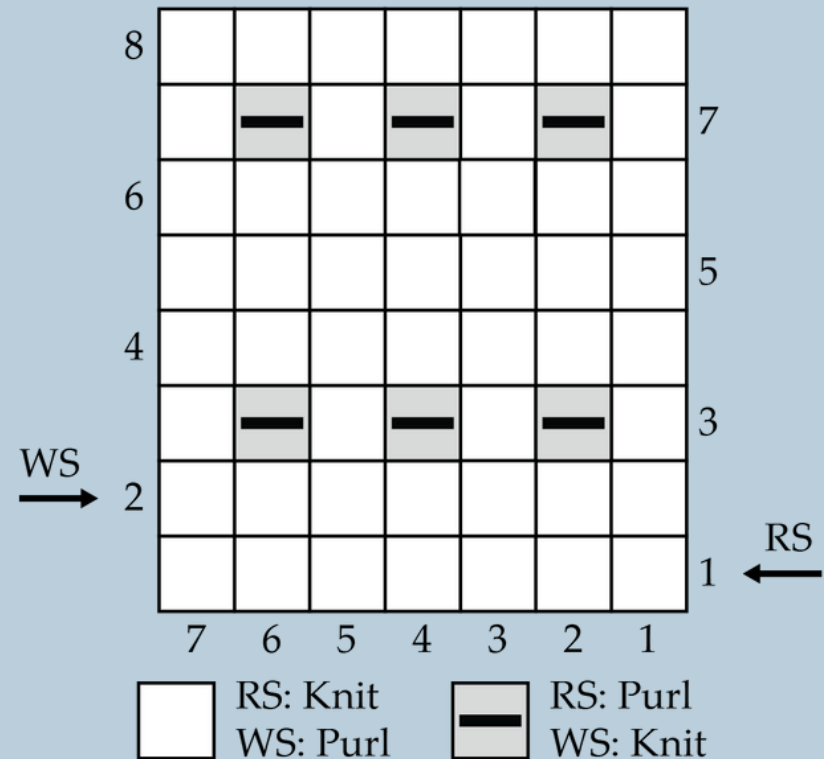
# Andalusian Stitch



- A simple yet textured version of the stockinette stitch.
- Features a 1x1 rib knit row on the 3rd row of the repeat. This pattern is not reversible.
- Andalusia is a region in Southern Spain populated with rivers hills. This stitch may have originated there or have been named after its terrain.



| | RS: Knit WS: Purl | | ▬ | RS: Purl WS: Knit |

CO: multiples of 2 sts + 1 more stitch

4-Row Repeat

    Row 1 (RS): knit all

    Row 2 (WS): purl all

    Row 3 (RS): *k1, p1*, k1
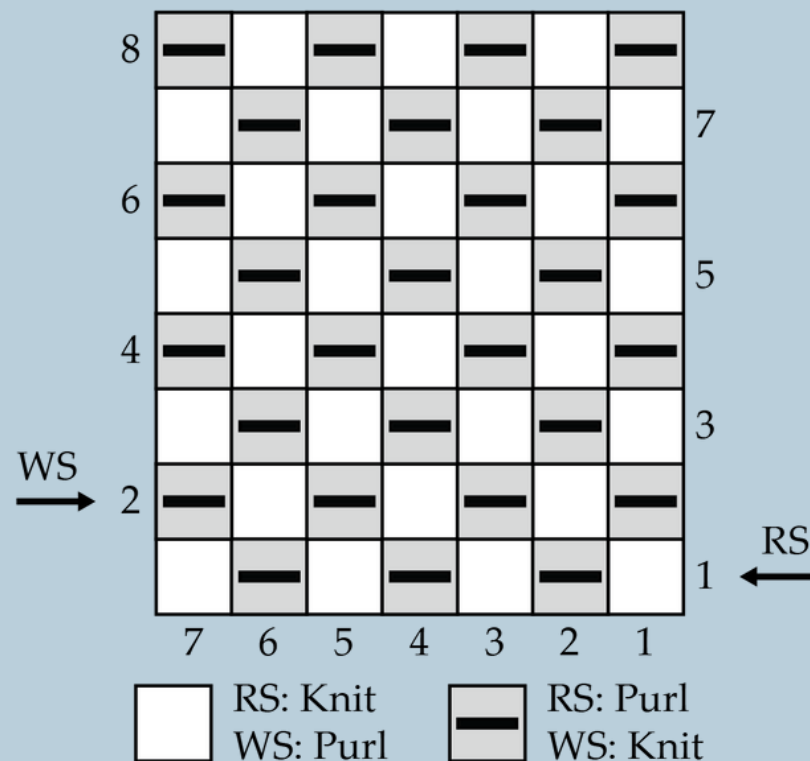
    Row 4 (WS): purl all

# Seed Stitch





RS: Knit / WS: Purl

RS: Purl / WS: Knit

- A classic checkerboard pattern in which the raised bumps from the purl stitch resemble seeds.
- Features alternating knit and purl stitches on either side for a reversible pattern.
- Creates a thick and bumpy texture.

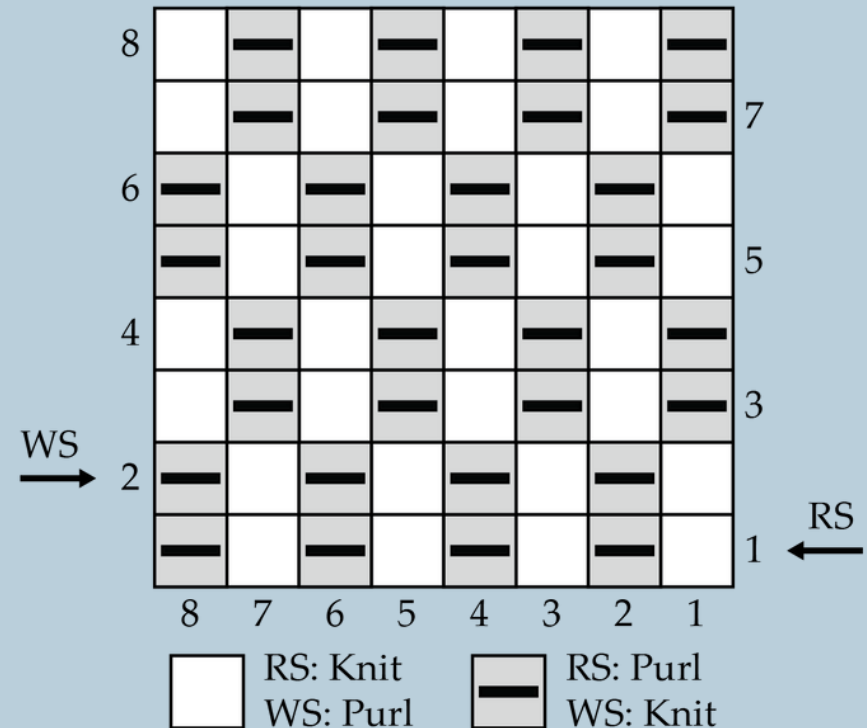CO: odd number of sts

2-Row Repeat

    Row 1 (RS): *k1, p1*, k1

    Row 2 (WS): *k1, p1*, k1

# Irish Moss Stitch





| | | | | | | | |
|---|---|---|---|---|---|---|---|
| RS: Knit WS: Purl | | | | RS: Purl WS: Knit | | | |

- A rectangular version of the checkerboard pattern that resembles footsteps.
- Features alternating knit and purl stitches on either side for a reversible pattern.
- This stitch is a bit more thick and compact than the seed stitch.

CO: multiples of 2 sts

4-Row Repeat

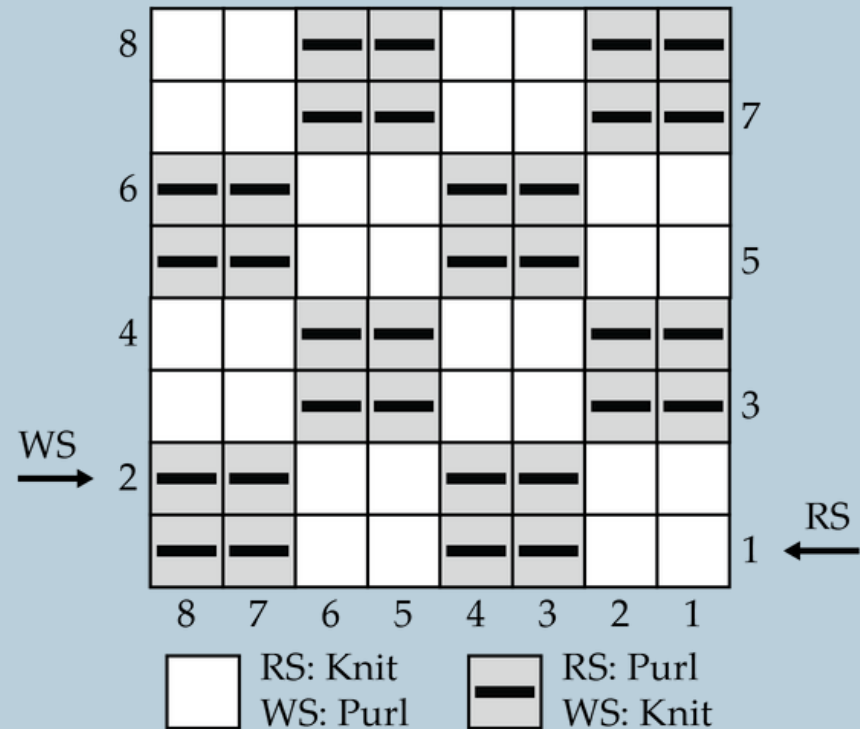    Row 1 (RS): *k1, p1*

    Row 2 (WS): *k1, p1*

    Row 3 (RS): *p1, k1*

    Row 4 (WS): *p1, k1*

# Double Moss Stitch



- A bit more complex, yet very simple version of a checkerboard knit stitch pattern.
- Features alternating knit and purl stitches in doubles on either side for a reversible pattern.
- Creates a lot of depth and texture with strong diagonal lines.

CO: multiples of 4 sts

4-Row Repeat

Row 1 (RS): *k2, p2*

Row 2 (WS): *k2, p2*
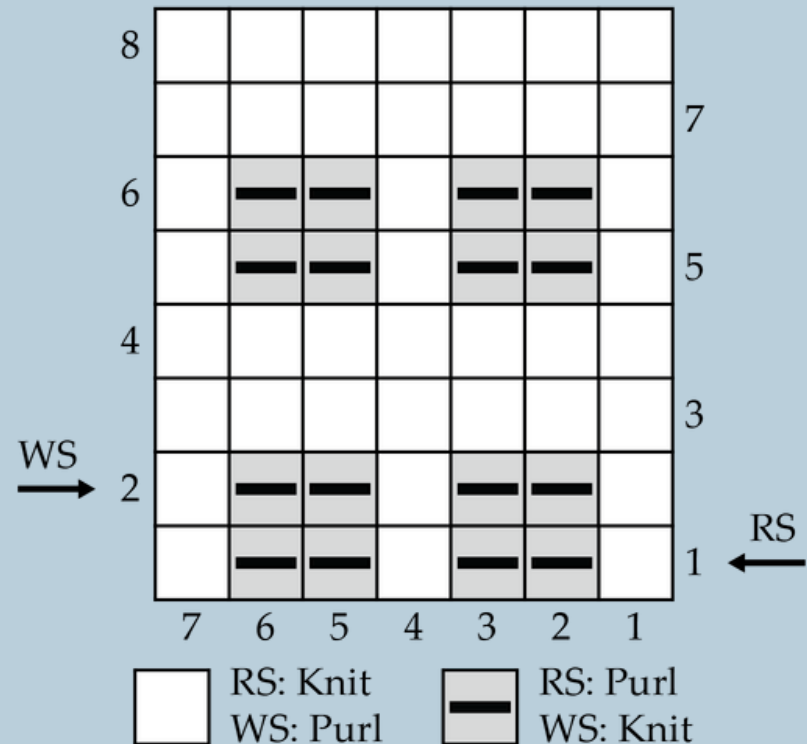
Row 3 (RS): *p2, k2*

Row 4 (WS): *p2, k2*

RS: Knit / WS: Purl

RS: Purl / WS: Knit

# Waffle Stitch





RS: Knit / WS: Purl

RS: Purl / WS: Knit

- A simple pattern that's easy to pick up on and memorize.
- Features rows of knit stitches that separate square blocks of purl stitches.
- Creates a waffle-like texture as the name suggests.

CO: multiples of 3 sts + 1 more stitch

4-Row Repeat

Row 1 (RS): *k1, p2*, k1

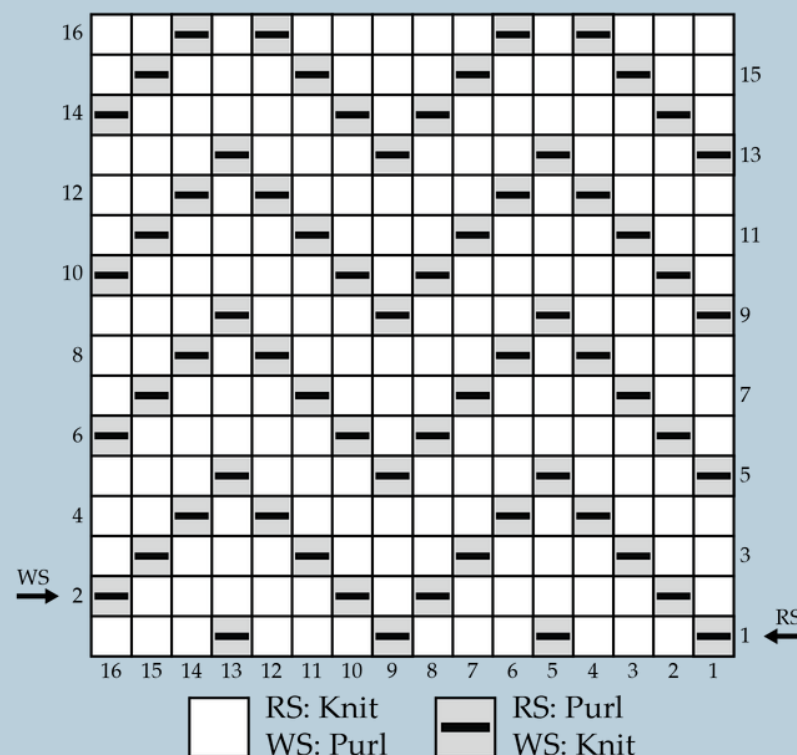Row 2 (WS): *p1, k2*, p1

Row 3 (RS): knit all

Row 4 (WS): purl all

# Chevron Stitch



- This pattern is a little more tricky to keep track of with the stitches changing each row, yet manageable since the row repeat is still small.
- Here the purl stitch is plotted out to create the repeating v's and zigzag rows.
- Creates dynamic lines with a chunky texture.
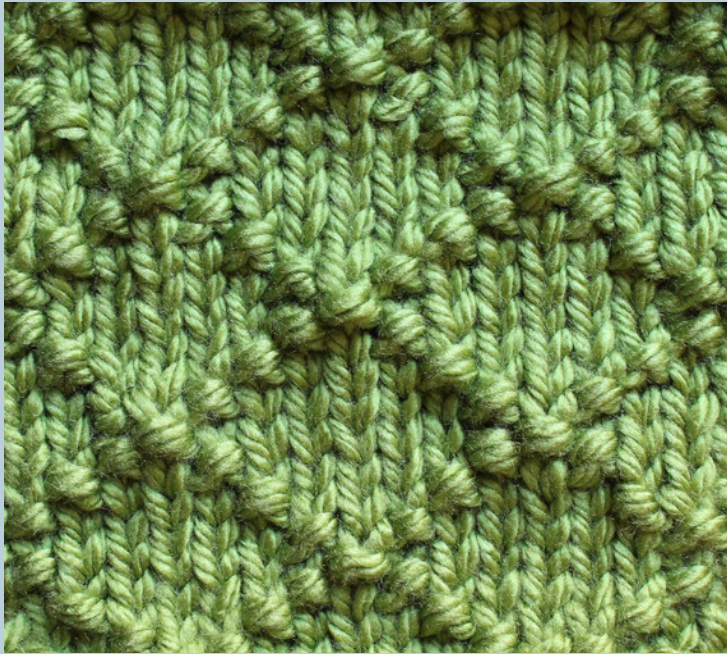
CO: multiples of 8 sts

4-Row Repeat

Row 1 (RS): *p1, k3, p1, k3*

Row 2 (WS): *k1, p5, k1, p1*
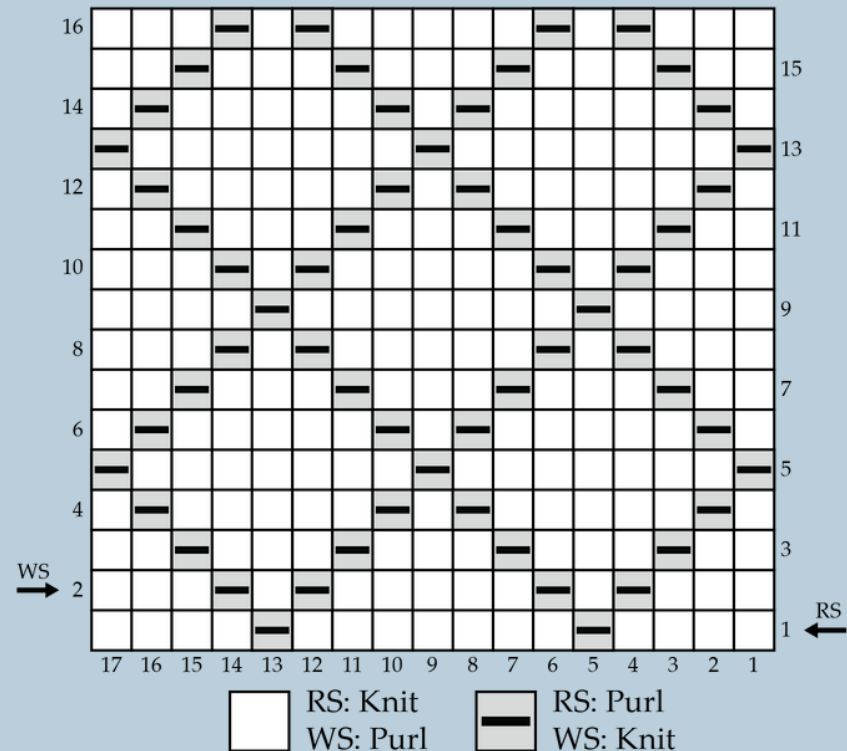
Row 3 (RS): *k2, p1, k3, p1, k1*

Row 4 (WS): *p2, k1, p1, k1, p3*

# Diamond Brocade Stitch



- A step up from the Chevron Stitch due to the longer row repeat.
- Features intersecting diagonal lines that create square diamonds in the knit stitch.
- Sometimes called the "King Charles Brocade Stitch" because the 17th century King of England wore the pattern on a vest on the day of his execution.



RS: Knit / WS: Purl
RS: Purl / WS: Knit

CO: multiples of 8 sts + 1 more stitch

8-Row Repeat

Row 1 (RS): k4, [*p1, k7* to last 5 sts], p1, k4

Row 2 (WS): p3, [*k1, p1, k1, p5* to last 6 sts], k1, p1, k1, p3

Row 3 (RS): k2, [*p1, k3* to last 3 sts], p1, k2

Row 4 (WS): p1, [*k1, p5, k1, p1* to end]

Row 5 (RS): [*p1, k7* to 1 last stitch], p1
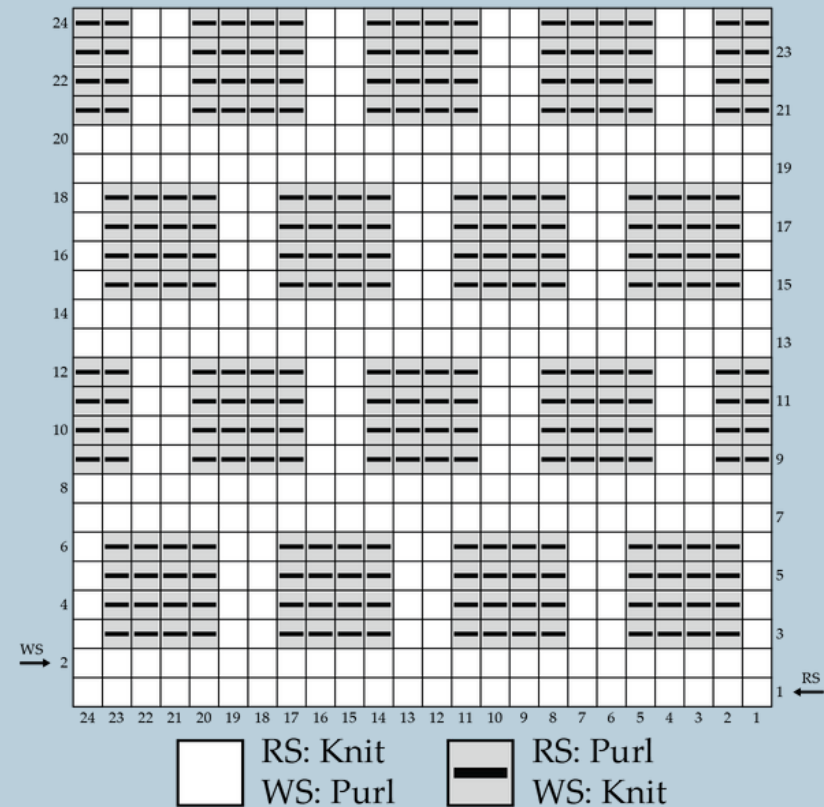
Row 6 (WS): p1, [*k1, p5, k1, p1* to end]

Row 7 (RS): k2, [*p1, k3* to last 3 sts], p1, k2

Row 8 (WS): p3, [*k1, p1, k1, p5* to last 6 sts], k1, p1, k1, p3

# Basket Weave Stitch



- A classic weave design incorporated into knitting.
- Features alternating knit and purl sections that give off the idea of strips being woven over and under.
- Creates a wave-like texture with a good amount of stretch.



| | RS: Knit<br>WS: Purl | | RS: Purl<br>WS: Knit |
|---|---|---|---|

CO: multiples of 6 sts

12-Row Repeat

| | |
|---|---|
| Row 1 (RS): knit all | Row 7 (RS): knit all |
| Row 2 (WS): purl all | Row 8 (WS): purl all |
| Row 3 (RS): *k1, p4, k1* | Row 9 (RS): *p2, k2, p2* |
| Row 4 (WS): *p1, k4, p1* | Row 10 (WS): *k2, p2, k2* |
| Row 5 (RS): *k1, p4, k1* | Row 11 (RS): *p2, k2, p2* |
| Row 6 (WS): *p1, k4, p1* | Row 12 (WS): *k2, p2, k2* |

# Triangle Stitch



- A geometric spin on the checkerboard pattern.
- Knitted as a reversible pattern with a fairly simple repeat structure.
- How many triangles can you find within your knitted piece?



RS: Knit
WS: Purl

RS: Purl
WS: Knit
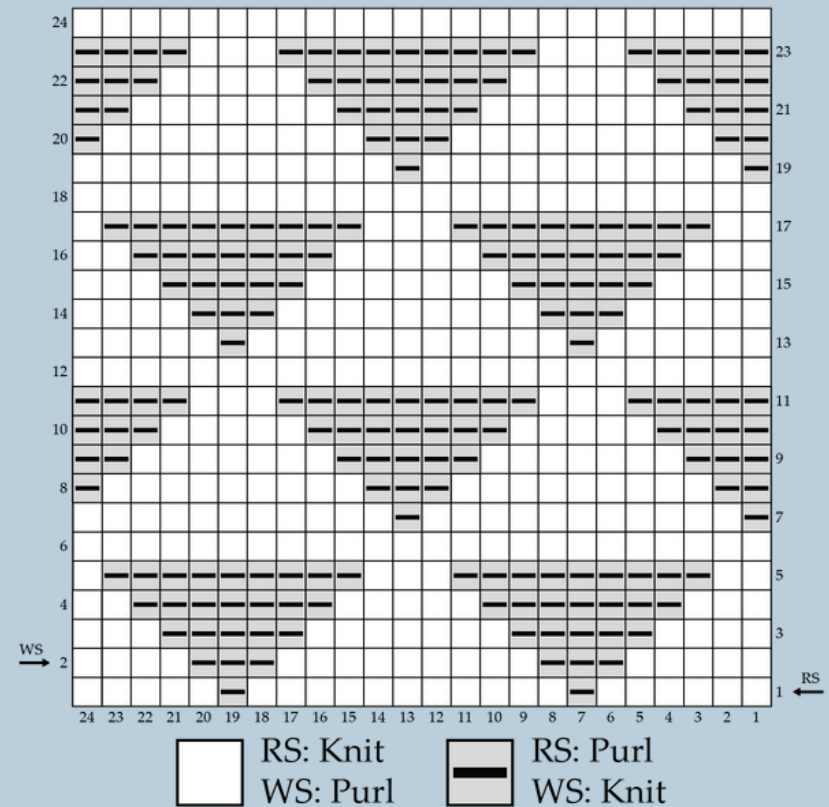
CO: multiples of 12 sts

**12-Row Repeat**

Row 1 (RS): *k6, p1, k5*

Row 2 (WS): *p4, k3, p5*

Row 3 (RS): *k4, p5, k3*

Row 4 (WS): *p2, k7, p3*

Row 5 (RS): *k2, p9, k1*

Row 6 (WS): *p12*

Row 7 (RS): *p1, k11*

Row 8 (WS): *k1, p9, k2*
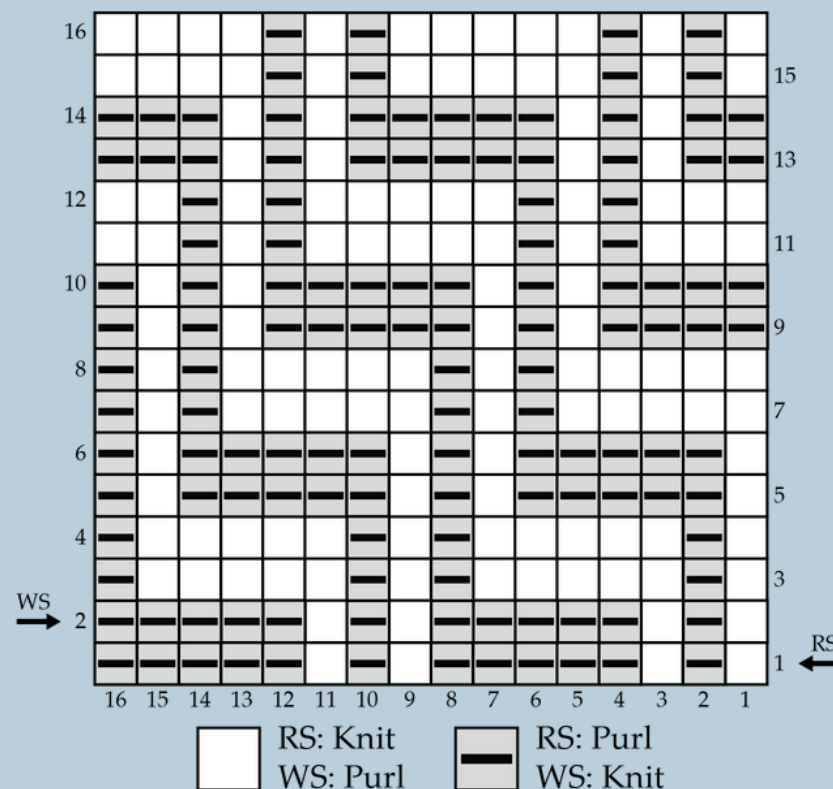
Row 9 (RS): *p3, k7, p2*

Row 10 (WS): *k3, p5, k4*

Row 11 (RS): *p5, k3, p4*

Row 12 (WS): *p12*

# Stepped Zigzag Stitch





- A fairly complex pattern, yet very doable if you keep track as you knit the repeat and count the stitch numbers.
- Features parallel staircase lines that zigzag up. Horizontal lines are purled, while vertical lines are knitted.
- Creates a squishy texture with a high amount of stretch.

CO: multiples of 8 sts

16-Row Repeat

Row 1 (RS): *k1, p1, k1, p5*
Row 2 (WS): *k5, p1, k1, p1*
Row 3 (RS): *k1, p1, k5, p1*
Row 4 (WS): *k1, p5, k1, p1*
Row 5 (RS): *k1, p5, k1, p1*
Row 6 (WS): *k1, p1, k5, p1*
Row 7 (RS): *k5, p1, k1, p1*
Row 8 (WS): *k1, p1, k1, p5*

Row 9 (RS): *p4, k1, p1, k1, p1*
Row 10 (WS): *k1, p1, k1, p1, k4*
Row 11 (RS): *k3, p1, k1, p1, k2*
Row 12 (WS): *p2, k1, p1, k1, p3*
Row 13 (RS): *p2, k1, p1, k1, p3*
Row 14 (WS): *k3, p1, k1,  p1, k2*
Row 15 (RS): *k1, p1, k1, p1, k4*
Row 16 (WS): *p4, k1, p1, k1, p1*

# Knitting Projects

Coasters

Chunky Headband

Winter Cowl Scarf

# Coasters

Four simple patterns to create unique textures for a chunky knit coaster to rest your mug or glass on.

## You will need...

US 13 Knitting Needles

Darning Needle

Bulky Yarn

Scissors

Note: Finer sizes of needles or weights of yarn will also work for these patterns, although more stitches will need to be cast on in order to have the same dimensions. Follow the stitch used in the Knitting Stitch Patterns booklet to determine the amount of stitches that can be cast on.

# Coasters



## Garter Stitch Directions

1. Make a slip knot.
2. CO 10 sts (can be any number).
3. Knit in a 2-row repeat until length equals width:

    Row 1 (RS): knit all

    Row 2 (WS): knit all
4. BO 10 sts.
5. Weave in tails.

## Irish Moss Stitch Directions

1. Make a slip knot.
2. CO 10 sts (must be a multiple of 2).
3. Knit in a 4-row repeat until length equals width:

    Row 1 (RS): *k1, p1*

    Row 2 (WS): *k1, p1*

    Row 3 (RS): *p1, k1*

    Row 4 (WS): *p1, k1*
4. BO 10 sts.
5. Weave in tails.

# Coasters

## Seed Stitch Directions

1. Make a slip knot.
2. CO 11 sts (must be an odd number).
3. Knit in a 2-row repeat until length equals width:

    Row 1 (RS): *k1, p1*

    Row 2 (WS): *p1, k1*

4. BO 11 sts.
5. Weave in tails.

## Andalusian Stitch Directions

1. Make a slip knot.
2. CO 11 sts (must be a multiple of 2 + 1).
3. Knit in a 4-row repeat until length equals width:

    Row 1 (RS): knit all

    Row 2 (WS): purl all

    Row 3 (RS): *k1, p1*, k1

    Row 4 (WS): purl all

4. BO 11 sts.
5. Weave in tails.

# Chunky Headband



A warm headband for winter featuring a 2x2 rib stitch that allows for a great amount of stretch.

## You will need...



US 11 Knitting Needles

Darning Needle

Bulky Yarn

Scissors

Note: Finer sizes of needles or weights of yarn will also work for this pattern, although more stitches will need to be cast on in order to have the same dimensions.

For example: if you're using US 9 or 7 needles and medium weight yarn, you could cast on 20 stitches instead of 16, performing the (k2, p2) repeat 4 times instead of 3.

# Chunky Headband

**1.**

**2.**

## Directions

1. Make a slip knot and long tail CO 16 sts.

2. Knit in a 2-row repeat:

    Row 1 (RS): p1, (k2, p2) 3 times, k2, p1

    Row 2 (WS): k1, (p2, k2) 3 times, p2, k1

3. Continue knitting in the repeat until piece measures 18" or until it is long enough to wrap around your head while fitting snugly.

4. BO 16 sts and cut a 2ft tail.

5. Join the two edges with wrong sides facing up and weave together.

6. Weave in tail from cast on edge.

**4.**

**5.**

WS: edges are purled and curl in

# Winter Cowl Scarf



A cozy scarf for winter featuring a double moss stitch that creates a unique texture with a lot of depth.

## You will need...



US 13 Knitting Needles

Darning Needle

Bulky Yarn

Scissors

Note: Finer sizes of needles or weights of yarn will also work for this pattern, although more stitches will need to be cast on in order to have the same dimensions. The double moss stitch is cast on in multiples of 4 stitches, and so other possibilities for scarf width include 16, 20, 24, 32 etc.

# Winter Cowl Scarf

## Directions

1. Make a slip knot and long tail CO 28 sts.

2. Knit in a 4-row repeat:

    Row 1 (RS): *k2, p2*

    Row 2 (WS): *k2, p2*

    Row 3 (RS): *p2, k2*

    Row 4 (WS): *p2, k2*

3. Continue knitting in the repeat until piece measures 30" or until desired length to wrap around your neck. You may need to join one or two new balls of yarn, depending on how much yardage you have.

4. BO 28 sts and cut a 3ft tail.

5. Join the two edges with wrong sides facing up and weave together.

6. Weave in remaining tails.

1.

2.

3.

4.

5.