



Reducing our carbon footprint: Learn to knit

Resources:

- A pair of knitting needles
- A ball of yarn

Individual activity

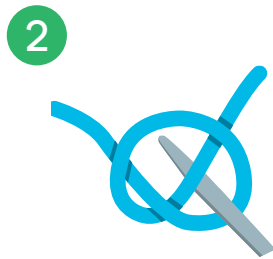
Follow these instructions to make a scarf. Just cast on as many stitches as you need to make the width of your scarf and keep knitting until it reaches the right length! But if you feel more ambitious you can find lots more knitting tutorials and instructions on the internet. Have fun!

How to make a slipknot

To start with you'll need to make a slipknot.



1
Fold the yarn to make starting loop



2
Catch the yarn through the loop



3
Pull it through



4
Pull the ends to tighten the slipknot

Now put this slipknot on the left hand needle

Now you're ready to learn how to cast on (see next page)

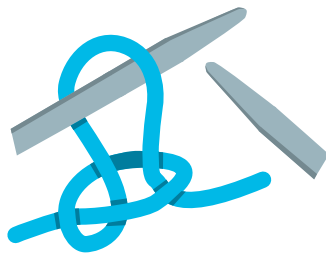


How to cast on

All knitting starts with casting on. This creates loops on the needle which will become the first row of stitches.

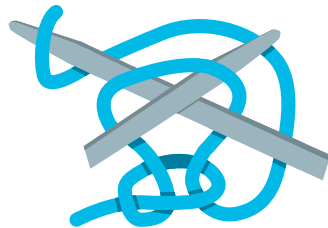
1

Make a loop on one of the needles. Hold this needle in your left hand



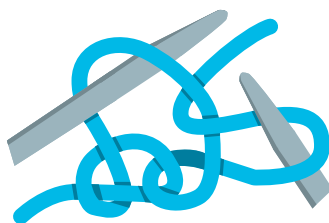
2

Take the second needle in your right hand and put it through the loop. Put the yarn round



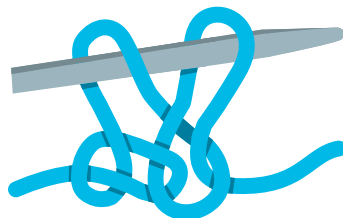
3

Pull this loop through the first loop



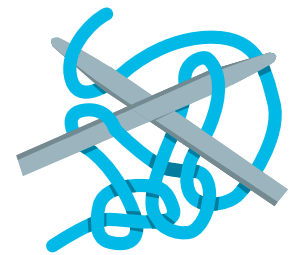
4

Put this new loop on your left needle



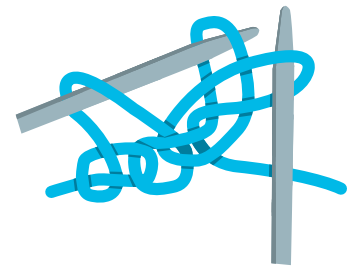
5

Now push the needle between the two stitches. Put the yarn round



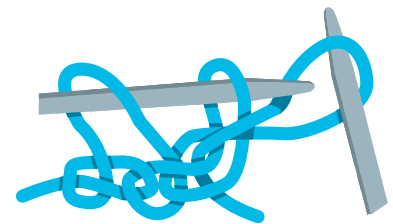
6

Pull the loop through...



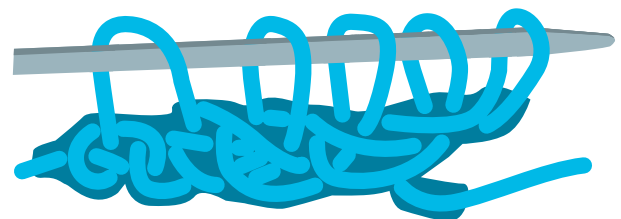
7

...and put it on your left needle



8

Make as many stitches as you need (how wide do you want your scarf to be?)



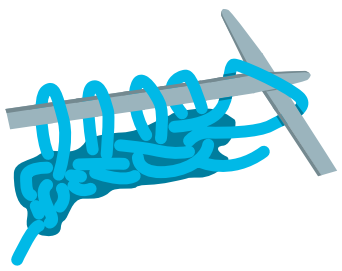


How to knit

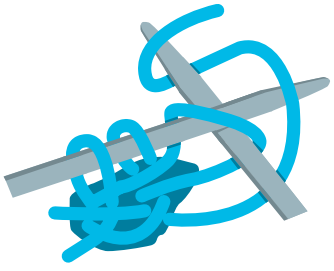
Now you're ready to start knitting your scarf.

? Did you know...
The knit stitch is also known as the garter stitch

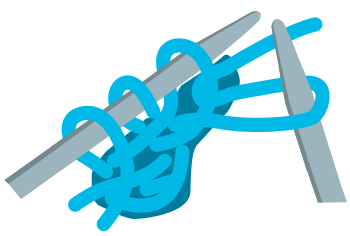
1
Push your needle through the first stitch



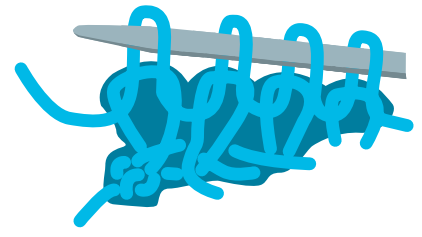
2
Put the yarn round



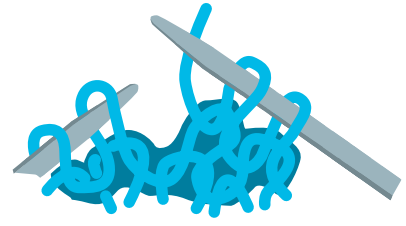
3
Pull the loop through



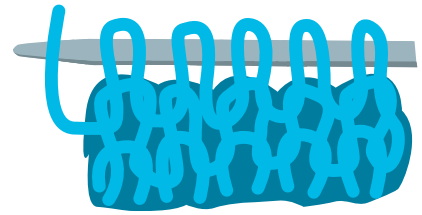
4
Knit every stitch to the end of the row



5
Change the needles over and knit another row



6
Rows of knit stitch are called Garter Stitch



Want to learn more?

Search the website of the Knitting & Crochet Guild at www.kcguild.org.uk for more information and worksheets to learn about other knitting stitches and how to create exciting items.

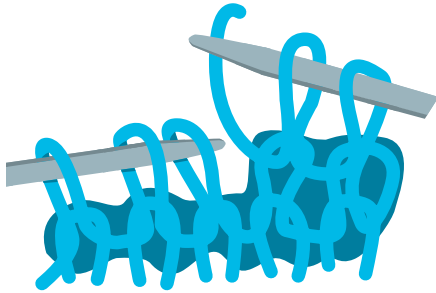


How to cast off

Once you've knitted your scarf to the length you want you will need to cast off the stitches to complete it.

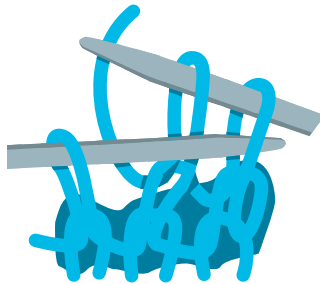
1

Knit two stitches



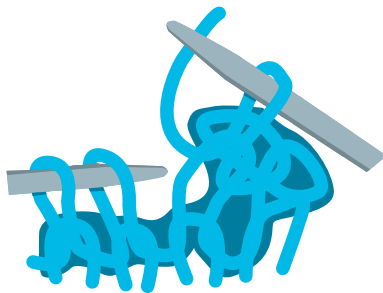
2

Pick up the first stitch and lift over the second stitch...



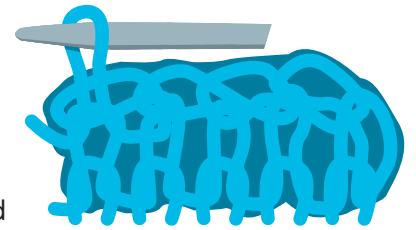
3

...and drop it off the needle



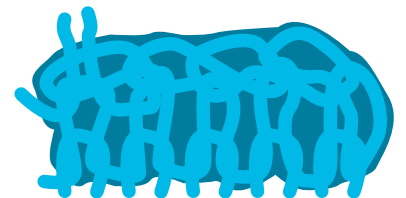
4

Knit one more stitch to make 2 on your needle. Lift the first stitch over as you did before. Carry on like this until there is only one stitch left



5

Break the end and put it through the stitch. Slip the stitch off the needle and pull the end tight



Joining yarn

When you have to join your yarn always join at the end of a row and knot them together

