

Cover our community with love

a Craft & Chat project

Knitted Heart Pattern

Wool: anything you have to hand. Double knitting is ideal. Any colour.

Needles: whatever you have, ideally the appropriate size for your wool.

Other equipment: scissors, a needle to sew in ends, a cup of tea!



Instructions:

Start by knitting the top of the heart.

Cast on 5 stitches

Row 1: knit

Row 2: increase into the first stitch by knitting in the front then the back of the stitch before slipping it off the needle (kfb), then knit to the end of the row (6 stitches)

Row 3: knit

Row 4: knit to the last stitch, then make 1 stitch (kfb) (7 stitches)

Row 5: knit

Row 6: increase into the first stitch (kfb), then knit to the end of the row (8 stitches)

Row 7: knit

Row 8: knit

Row 9: knit

Row 10: knit

Cut the yarn leaving a long end as this will be used to make a hanging loop later.

Push your work to the bottom of the needle.

Now make the other top half of the heart. Cast on 5 stitches on the same needle where your work is.

Repeat Rows 1-10.

Once completed, the 2 pieces should be on the same needle.

Row 11: Join the two pieces by knitting a row across both of them (16 stitches).

Row12: knit

Row13: knit

Row14: knit

Row15: knit

Row 16: knit 2 stitches together (k2tog), knit 12, k2tog (14 stitches)

Row 17: knit

Row 18: k2tog, knit 10, k2tog (12 stitches)

Row 19: knit

Row 20: k2tog, knit 8, k2tog (10 stitches)

Row 21: knit

Row 22: k2tog, knit 6, k2tog (8 stitches)

Row 23: knit

Row 24: k2tog, knit 4, k2tog (6 stitches)

Row 25: knit

Row 26: k2tog, knit 2, k2tog (4 stitches)

Row 27: knit

Row 28: k2tog, k2tog (2 stitches)

Row 29: knit

Cut the yarn and weave it through the last 2 stitches on your needle to fasten them off (the same as the ending of the Angel knitting pattern!)

Sew in the ends at the top and bottom of the heart.

Secure your long thread in the middle of the heart and use it to make a hanging loop. If you want to, crochet a chain with your long thread and secure that as a hanging loop. Or use a fresh piece of yarn to attach a hanging loop.

Admire your beautiful heart and think of someone in our community you would like to send love to.

Keep it safe until you can give it to the person you have been thinking of, or until we can yarn bomb our community with love!