It’s easy to do your part: and donate the afghan in your own community! into blankets and afghans that are given to people in homeless shelters, teen from people like you nationwide. Then volunteers sew the colorful rectangles can have a big impact.

Before diving into creating your own skinny scarf using the pattern included Put your first knitting project to great use!

Every knitter’s work is unique. It takes concentration, patience, and attention

Dear Teacher: Learning about knitting and creating a fashionable scarf can be a perfect way to bring together language, math, and general skills in a unique, fun, and engaging way for your students. As you are preparing your students for real-life responsibilities, it is a wonderful opportunity to teach them responsibility and the importance of making the world a better place through their community service.

LEARN TO KNIT! A life skills program for service-minded students

Look Inside to Find:
• Standards-based lessons and worksheets
• Information about an exciting community service program
• Classroom poster

CONTENTS

1. Introduction: Develop your students’ knowledge and understanding of knitting
2. What do you need to know about learning to knit?
3. Knitting Lingo
4. Loom Knitting: Learning a new skill
5. Knit a Skinny Scarf
6. Student Worksheet 5

LEARN TO KNIT!

A hands-on life skills program for service-minded students

NATIONAL STANDARDS AND BENCHMARKS

STANDARDS BENCHMARKS LESSON

All entries must be postmarked by April 9, 2010, so get started today! Turn to Worksheet 4 for a complete listing of prizes and

Mail in your completed essays to Hold That Stitch Essay Contest, c/o Scholastic Inc., P.O. Box 713, New York, NY 10013-0713.

Enter the Hold That Stitch Essay Contest for a Chance to Win a Cash Prize!

• One-page essay

As students learn the craft of knitting, they will practice reading

Inse...the one featured in

Students who complete this project will develop skills in comprehension, analytical thinking, and problem-solving. They will also learn about the importance of caring for others.

NATIONAL STANDARDS AND BENCHMARKS

Grades 8–12

Language Arts: Listening and Speaking

Uses listening and speaking strategies for

Use strategies to enhance listening

Uses listening and speaking strategies for

Students who complete this project will develop skills in comprehension, analytical thinking, and problem-solving. They will also learn about the importance of caring for others.

NATIONAL STANDARDS AND BENCHMARKS

Grades 8–12

Language Arts: Listening and Speaking

Uses listening and speaking strategies for

Use strategies to enhance listening

Uses listening and speaking strategies for

Grades 9–12

Language Arts: Reading/English Language Arts

Uses various information sources, including

Uses various information sources, including

Uses various information sources, including

Grades 8–12

Language Arts: Reading/English Language Arts

Uses various information sources, including

Uses various information sources, including

Uses various information sources, including

Grades 8–12

Language Arts: Reading/English Language Arts

Uses various information sources, including

Use strategies to enhance listening

Uses various information sources, including

Uses various information sources, including

The promotion is open only to teachers in grades 8–12 who are legal residents of the United States (one of the 50 states or the District of Columbia) and age 18 or older as of the date of entry. Students who are teachers may enter as individuals; students who are not teachers may enter as a class, but they must have their teacher’s permission to do so. Learn to Knit Kits can only be shipped within the continental United States. All entries must be postmarked by April 9, 2010, so get started today! A list of winners will be provided upon request to Scholastic Inc., P.O. Box 713, New York, NY 10013-0713. All entries must be postmarked by April 9, 2010, so get started today! Turn to Worksheet 4 for a complete listing of prizes and

Mail in your completed essays to Hold That Stitch Essay Contest, c/o Scholastic Inc., P.O. Box 713, New York, NY 10013-0713.
Learn to Knit! A life skills program for service-minded students

Knit a Skinny Scarf

Instructions:
1. CO 39 sts. Do not join. Row 1: *K1, P1; rep from * to end. Row 2: *P1, K1; rep from * to end. (58 sts) Continue in this pattern until the scarf measures 33 inches. Then at the beginning of row 33, change to COLOR A as described in step 3 above.

2. Knit 16 rows. Bind off all the stitches knitwise.

3. You may also knit the rows 17–32. At the end of row 32, cut COLOR B, leaving a 6" tail of yarn. Continue alternating COLOR A and COLOR B every 16 rows, until the scarf is the length you prefer.

Bind off all stitches knitwise.

Knit Tip:
If stripes aren’t your favorite, use a solid color, but remember, you’ll need at least 3.5 ounces or 100 grams of yarn to complete the scarf.

Knitting Lingo

Most knitting books and magazines have a key to explain what they mean. Like text messaging, knitting patterns use their own language of abbreviations and symbols.

CO: cast on
BO: bind off
WS: wrong side
RS: right side
M: magic loop
K: knit
P: purl
k2t: knit 2 together
k3t: knit 3 together
k2b: knit 2 backs
k2f: knit 2 fronts
yo: yarn over
p2t: purl 2 together
p3t: purl 3 together
p2b: purl 2 backs
p2f: purl 2 fronts
sl: slipped
skp: slipped, k2tog, passed slipped stitch over
sk2b: slipped, k2tog, back over
sk2f: slipped, k2tog, front over
sk2p: slipped, p2tog, passed slipped stitch over
sk2p: slipped, p2tog, back over
sk2p: slipped, p2tog, front over
sl1yo: slip 1 loop, yarn over
dec: decrease
aug: augment
sub: substitute
sk2t: slipped, k2tog
sk2t: slipped, p2tog
aug: augment
sub: substitute
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It's Cool to Be Kind

Building a caring community is a goal for all children. The skills gained by learning to knit will help your students develop this important life skill. The program is designed to be integrated into the school curriculum. The skills taught are ones that can be used in any setting.

Put your first knitting project to great use!

Before diving into creating your own skinny scarf using the pattern included in this curriculum, learn how to knit a basic 7" x 9" rectangle. Here are the steps:

1. Knit a 7" x 9" rectangle as part of this curriculum program.
2. Knit 16 rows. At the end of row 16, cut COLOR A, leaving a 6" tail of yarn, and pick up COLOR B on the right-hand needle. Wrap COLOR B yarn around the right-hand needle, leaving another 6", and continue knitting until you are at the beginning of row 17. Repeat until the rectangle is 9" long. Then at the beginning of row 33, change to COLOR A as described in step 3 above.

Knit a Skinny Scarf

Now that your knitting project has been completed, you can turn it into a skinny scarf and learn a few basic stitches. And this little rectangle can have a big impact.

Look Inside to Find:

• Standards-based lessons and worksheets
• Information about an exciting community service project
• Classroom poster
• Class set for students
• Special discount card for teachers

What good is a knitted rectangle?

The Warm Up America! Foundation collects donations of knitted rectangles from people like you nationwide. Then volunteers sew the colorful rectangles into blankets to be used by people in need.

Before you start quilting the rectangles:

What is a knitted rectangle?

Knitting Lingo

Learn how to knit by using the knitting patterns and instructions below. These patterns are designed to be accomplished in one day.

Instructions:

1. Cast on 16 stitches using COLOR A. Recount your stitches when you finish the row.
2. Knit 8 rows using COLOR A, forming a 4" x 6" rectangle, and then knit 8 rows using COLOR B, alternating every 4 rows until the rectangle is 9" long. Repeat until the rectangle is 9" long. Then at the beginning of row 33, change to COLOR A as described in step 3 above.

Knit Tip:

If stripes aren’t your favorite, use a solid color, but remember, you’ll need at least 3.5 oz. (100 gms) of yarn for how students can use simple, knitted rectangles to make a big difference in their communities.

Casting on:

• Cast on 16 stitches using COLOR A. Recount your stitches when you finish the row.
• Knit 8 rows using COLOR A, forming a 4" x 6" rectangle, and then knit 8 rows using COLOR B, alternating every 4 rows until the rectangle is 9" long. Repeat until the rectangle is 9" long. Then at the beginning of row 33, change to COLOR A as described in step 3 above.

Find out more about how students can use simple, knitted rectangles to make a big difference in their communities.

If you have any questions about this program, please call Warm Up America! at 800-662-9999 or visit www.WarmUpAmerica.org

Sincerely,

Mary

Warm Up America! Foundation

Mary

N. Josey Lane, Suite 102
Carrollton, TX 75007

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• Standards-based lessons and worksheets
• Information about an exciting community service project
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FREE KNITTING SUPPLIES! Call Warm Up America! at 800-662-9999 or visit www.WarmUpAmerica.org

In order to receive a FREE class set and Knit Kit by Mail Kit, call Warm Up America! at 800-662-9999 or visit www.WarmUpAmerica.org. Each kit includes:

• 30 sets of knitting needles
• 30 balls of yarn

Terms and conditions apply.

Please Note: No purchase necessary. Offer void where restricted or prohibited by law. See inside for details. (While supplies last. Offer good until 12/31/09.)

Use this pattern as a model for how students can use simple, knitted rectangles to make a big difference in their communities.

No purchase necessary. Offer void where restricted or prohibited by law. See inside for details. (While supplies last. Offer good until 12/31/09.)

Each set includes:

• Patterns for 30 students
• Knitting instructions for 30 students

FREE teaching guide and poster

Grades 8–12

NATIONAL STANDARDS AND BENCHMARKS

Language Arts: Listening and Speaking

• Uses listening and speaking strategies forcomprehension
• Demonstrates persistence
• Concentrates mental and physical energies to sustain attention

STANDARDS BENCHMARKS LESSON

Life Skills: Life Work 1 2 3

• Uses various information sources, including those of a technical nature, to accomplish
• Uses various information sources, including those of a technical nature, to accomplish
• Uses various information sources, including those of a technical nature, to accomplish

Proofreading and Editing

• Uses various information sources, including those of a technical nature, to accomplish
• Uses various information sources, including those of a technical nature, to accomplish
• Uses various information sources, including those of a technical nature, to accomplish

Mathematics: Data Analysis and Probability

• Gathers and interpret data
• Make predictions based on data

Science: Life Science

• Understands the effects of natural disasters on communities

STANDARDS BENCHMARKS LESSON

Life Skills: Life Work 1 2 3

• Uses various information sources, including those of a technical nature, to accomplish
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Health: Health Management

• Uses information about the effects of the natural environment on communities

STANDARDS BENCHMARKS LESSON

Life Skills: Life Work 1 2 3

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English Language Arts: Language Conventions

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Zoom in on the image to see more details. The image contains text related to the Warm Up America! Foundation and associated logos. There is a mention of a teaching guide and poster for grades 8-12. The text also discusses the benefits of knitting, such as improving self-esteem and learning patience and determination. The program encourages students to knit for charity and provides instructions for knitting a basic 7" x 9" rectangle. The text also includes a pattern for a skinny scarf and a list of knitting lingo. There is a mention of a contest for students to design a knitted scarf, with prizes available for winning. The text concludes with a call to action for schools to participate in the program and provide a knitting kit to their students.
**LESSON OVERVIEWS FOR TEACHERS**

**Lesson 1: Pick Up Your Sticks**

**Overview**

The focus of Lesson 1 is to help students understand the basics of knitting. Students will learn how to cast on, knit, and purl stitches. This lesson is recommended for individuals in need of assistance or who are just starting to learn to knit.

**Goals:**

- Students will learn how to cast on, knit, and purl stitches.
- Students will understand the basics of knitting and be able to complete a simple project.

**Wrap-up:**

- Students will complete a simple project, such as a small scarf or hat.

**Student Worksheet 1:**

- **Objective:** Practice casting on, knitting, and purling stitches.
- **Materials:** Yarn, knitting needles

**Student Worksheet 2:**

- **Objective:** Practice increasing and decreasing stitches.
- **Materials:** Yarn, knitting needles

**Student Worksheet 3:**

- **Objective:** Practice binding off stitches and finishing a project.
- **Materials:** Yarn, knitting needles

**Tips and Terms:**

- **Gauge:** This refers to the number of stitches and rows per inch.
- **Purl Stitch:** A basic stitch in knitting, created by inserting the right-hand needle into the stitch from back to front, wrapping the yarn around it, and pulling it through the stitch. It creates a bumpy texture and forms the back of the fabric.

**Homework:**

- Review the steps for completing a project and practice casting on, knitting, and purling stitches.

**Assignments:**

- Complete Student Worksheet 2 and 3.

**Itching for Another Stitch?**

- Students may choose to teach peer-knitting, cross-stitching, and many others.

**Assignment:**

- Complete Student Worksheet 2; materials required: pick up knitting needles and yarn.

---

**Lesson 2: Building Another Scarf**

**Overview**

The focus of Lesson 2 is to help students understand how to increase and decrease stitches. Students will learn how to knit a scarf and understand the basics of increasing and decreasing stitches. This lesson is recommended for individuals in need of assistance or who are just starting to learn to knit.

**Goals:**

- Students will learn how to increase and decrease stitches.
- Students will understand the basics of knitting and be able to complete a simple project.

**Wrap-up:**

- Students will complete a simple project, such as a scarf.

**Student Worksheet 1:**

- **Objective:** Practice increasing and decreasing stitches.
- **Materials:** Yarn, knitting needles

**Student Worksheet 2:**

- **Objective:** Practice increasing and decreasing stitches.
- **Materials:** Yarn, knitting needles

**Student Worksheet 3:**

- **Objective:** Practice binding off stitches and finishing a project.
- **Materials:** Yarn, knitting needles

**Tips and Terms:**

- **Bind-off:** A technique used to finish the edges of a knitted piece. It involves transferring the last stitch to hold it in place, threading the yarn through the stitch, and pulling it over the new loop to complete the final row of stitches.

**Homework:**

- Review the steps for completing a project and practice increasing and decreasing stitches.

**Assignments:**

- Complete Student Worksheet 2 and 3.

**Itching for Another Stitch?**

- Students may choose to teach peer-knitting, cross-stitching, and many others.

Assignment:**

- Complete Student Worksheet 2; materials required: pick up knitting needles and yarn.

---

**Lesson 3: Student Mailing Circle and Essay Contest**

**Overview**

The focus of Lesson 3 is to help students understand how to mail their project to Warm Up America! and how to write an essay about their project. Students will learn how to mail their project and understand the basics of writing an essay. This lesson is recommended for individuals in need of assistance or who are just starting to learn to knit.

**Goals:**

- Students will learn how to mail their project to Warm Up America!.
- Students will understand the basics of writing an essay.

**Wrap-up:**

- Students will complete an essay about their project.

**Student Worksheet 1:**

- **Objective:** Practice mailing a project to Warm Up America!.
- **Materials:** Project to mail

**Student Worksheet 2:**

- **Objective:** Practice writing an essay about a project.
- **Materials:** Paper, pencil

**Student Worksheet 3:**

- **Objective:** Practice proofreading an essay.
- **Materials:** Paper, pencil

**Essay:**

- **Objective:** Practice writing a personal essay.
- **Materials:** Paper, pencil

**Tips and Terms:**

- **Proofreading:** The process of checking a written piece to ensure that it is free of errors and that it meets the intended purpose.

**Homework:**

- Review the steps for completing a project and practice mailing a project to Warm Up America!.

**Assignments:**

- Complete Student Worksheet 2 and 3.

**Itching for Another Stitch?**

- Students may choose to teach peer-knitting, cross-stitching, and many others.

Assignment:**

- Complete Student Worksheet 2; materials required: pick up knitting needles and yarn.

---

**Hold That Stitch Essay Contest**

**Overview**

The focus of the Hold That Stitch Essay Contest is to help students understand how to write a personal essay about their project. Students will learn how to write a personal essay and understand the basics of proofreading.

**Goals:**

- Students will learn how to write a personal essay.
- Students will understand the basics of proofreading.

**Wrap-up:**

- Students will complete an essay about their project.

**Student Worksheet 1:**

- **Objective:** Practice writing a personal essay.
- **Materials:** Paper, pencil

**Student Worksheet 2:**

- **Objective:** Practice proofreading an essay.
- **Materials:** Paper, pencil

**Essay:**

- **Objective:** Practice writing a personal essay.
- **Materials:** Paper, pencil

**Tips and Terms:**

- **Proofreading:** The process of checking a written piece to ensure that it is free of errors and that it meets the intended purpose.

**Homework:**

- Review the steps for completing a project and practice writing a personal essay.

**Assignments:**

- Complete Student Worksheet 2 and 3.

**Itching for Another Stitch?**

- Students may choose to teach peer-knitting, cross-stitching, and many others.

Assignment:**

- Complete Student Worksheet 2; materials required: pick up knitting needles and yarn.
Lesson 1: Pick Up Your Sticks

As the lesson begins, call out the basic sets of instructions to help students understand the concept of knitting.

Materials Required: A complete set of knitting needles or a basic set of tools, including a larger needle for casting on and a smaller needle for purling.

Goals: Students will learn how to cast on stitches, knit and purl, and complete a basic rectangular piece.

**How to Learn the Core Stitches:**

**Knot Stitch:**
1. Hold the needle with the loop in the left hand. Aim for the width of your palm. Roll the yarn over the needle and place it on your left hand. (You now have your first stitch.)
2. Take the second needle from the left hand and wrap the yarn from the ball around the needle. One stitch is now formed. Make sure to hold it in place. Thread the needle through the loop.
3. Draw the yarn through the loop. Pull the yarn tight, and you will have your second stitch.
4. To create your third stitch, use your left hand to pull the yarn through the loop of the second stitch. This should now be solid and tight. Continue casting on as needed.

**Purl Stitch:**
1. Hold the needle with the loop in the right hand. Aim for the width of your palm. Roll the yarn over the needle and place it on your right hand. (You now have your first stitch.)
2. Take the second needle from the right hand and wrap the yarn from the ball around the needle. One stitch is now formed. Make sure to hold it in place. Thread the needle through the loop.
3. Draw the yarn through the loop. Pull the yarn tight, and you will have your second stitch.
4. To create your third stitch, use your right hand to pull the yarn through the loop of the second stitch. This should now be solid and tight. Continue casting on as needed.

**Itching for Another Stitch?**

Pick up and knit any desired number of stitches. One stitch is now formed. Make sure to hold it in place. Thread the needle through the loop.

Wrap the yarn from the ball around the needle. One stitch is now formed. Make sure to hold it in place. Thread the needle through the loop.

Draw the yarn through the loop. Pull the yarn tight, and you will have your second stitch. Continue casting on as needed.

**Step 3:**

To create your third stitch, use your left hand to pull the yarn through the loop of the second stitch. This should now be solid and tight. Continue casting on as needed.

**Step 4:**

To create your fourth stitch, use your right hand to pull the yarn through the loop of the third stitch. This should now be solid and tight. Continue casting on as needed.

**Step 5:**

To create your fifth stitch, use your left hand to pull the yarn through the loop of the fourth stitch. This should now be solid and tight. Continue casting on as needed.

**Step 6:**

To create your sixth stitch, use your right hand to pull the yarn through the loop of the fifth stitch. This should now be solid and tight. Continue casting on as needed.

**Step 7:**

To create your seventh stitch, use your left hand to pull the yarn through the loop of the sixth stitch. This should now be solid and tight. Continue casting on as needed.

**Step 8:**

To create your eighth stitch, use your right hand to pull the yarn through the loop of the seventh stitch. This should now be solid and tight. Continue casting on as needed.

**Tips and Terms:**

- **Bound Off:**
  - To create your first stitch, use your left hand to pull the yarn through the loop of the second stitch. This should now be solid and tight. Continue casting on as needed.
  - To create your second stitch, use your right hand to pull the yarn through the loop of the first stitch. This should now be solid and tight. Continue casting on as needed.

- **Tightening the Slips:**
  - To create your first stitch, use your left hand to pull the yarn through the loop of the second stitch. This should now be solid and tight. Continue casting on as needed.
  - To create your second stitch, use your right hand to pull the yarn through the loop of the first stitch. This should now be solid and tight. Continue casting on as needed.

- **Weaving in Ends:**
  - To create your first stitch, use your left hand to pull the yarn through the loop of the second stitch. This should now be solid and tight. Continue casting on as needed.
  - To create your second stitch, use your right hand to pull the yarn through the loop of the first stitch. This should now be solid and tight. Continue casting on as needed.

**Student Worksheet 2**

Using the instructions above, students can create their own pattern for a basic rectangular piece. Encourage them to experiment with different stitches and colors to create their own unique piece.

**Student Worksheet 3**

Using the instructions above, students can create their own pattern for a basic rectangular piece. Encourage them to experiment with different stitches and colors to create their own unique piece.

**Student Worksheet 4**

Using the instructions above, students can create their own pattern for a basic rectangular piece. Encourage them to experiment with different stitches and colors to create their own unique piece.

**That Stitch Essay Contest**

Entries must be postmarked by April 9, 2010, and received by April 16, 2010.

**GRAND PRIZE:**
ONE (1) $1,000 Cash Prize

**SECOND PRIZES:**
(Value: $50)

**RUNNERS-UP:**
(Value: $100)

**What is the Stitch Essay Contest?**

Students are invited to submit an essay or drawing that describes their experience with knitting. Entries will be judged on the basis of creativity, originality, and overall quality. The winning entry will receive a $1,000 cash prize, and other entries will receive smaller prizes.

**What do you think young students will enjoy learning to knit?**

Young students enjoy learning to knit because it provides them with a sense of accomplishment and allows them to create something unique and personal.

**Can you think of any other uses for knitting in the classroom?**

Knitting can be used in the classroom to teach students about teamwork, problem-solving, and creativity. Additionally, it can be used to create decorations or gifts for classmates.

**Do you think young students can learn to knit?**

Yes, with the right guidance and encouragement, young students can learn to knit. The key is to start with simple stitches and gradually build up to more advanced techniques.

**How do you think young students will respond to knitting?**

Young students will likely enjoy learning to knit because it is a fun and creative activity. They will appreciate the sense of accomplishment they feel when they complete a project. Additionally, they will enjoy the opportunity to create something unique and personal.
LESSON OVERIEWS FOR TEACHERS

Lesson 1: Pick Up Your Sticks

Materials Required: Pick Up Knit Kit to each student.

Lesson 2: Itching for Another Stitch?

There are two basic stitches in knitting: the knit or garter stitch and the purl stitch. By combining these two stitches, you can create knits with a wide range of textures and patterns. To knit a row, insert the right-hand needle from front to back of the first stitch and pull the yarn through the loop. To purl a row, insert the left-hand needle from front to back of the first stitch and pull the yarn through the loop. The gauge is an important part of knitting as it determines the tension of your stitches and the size of your finished project.

Lesson 3: Student Quiz and Essay Contest

There are two basic stitches in knitting: the knit or garter stitch and the purl stitch. By combining these two stitches, you can create knits with a wide range of textures and patterns. To knit a row, insert the right-hand needle from front to back of the first stitch and pull the yarn through the loop. To purl a row, insert the left-hand needle from front to back of the first stitch and pull the yarn through the loop. The gauge is an important part of knitting as it determines the tension of your stitches and the size of your finished project.

Essay Contest:

The contest is open to all students in grades eight (8) through twelve (12) who are legal residents of the United States (one of the 50 states or the District of Columbia). To enter, students should write an essay about the experience of teaching another person a new skill, explaining the challenges and benefits of the activity. Essays should be submitted to the Warm Up America! Foundation, 1000 Main Street, New York, NY 10007. The contest is open to all students in grades eight (8) through twelve (12) who are legal residents of the United States (one of the 50 states or the District of Columbia). To enter, students should write an essay about the experience of teaching another person a new skill, explaining the challenges and benefits of the activity. Essays should be submitted to the Warm Up America! Foundation, 1000 Main Street, New York, NY 10007.

Prizes for Students and Teachers:

GRAND PRIZE: $500 Cash
FIRST PRIZE: $100 Cash
SECOND PRIZE: Jo-Ann Gift Card to Jo-Ann Fabric and Craft Stores (Value: $50)
THIRD PRIZE: Jo-Ann Gift Card to Jo-Ann Fabric and Craft Stores (Value: $25)
FOURTH PRIZE: Jo-Ann Gift Card to Jo-Ann Fabric and Craft Stores (Value: $10)
FIFTH PRIZE: Jo-Ann Gift Card to Jo-Ann Fabric and Craft Stores (Value: $5)
SIXTH PRIZE: Jo-Ann Gift Card to Jo-Ann Fabric and Craft Stores (Value: $2)
SEVENTH PRIZE: Jo-Ann Gift Card to Jo-Ann Fabric and Craft Stores (Value: $1)

All entries must be submitted by April 6, 2018.

Winner selection and entry eligibility will be determined by the Warm Up America! Foundation.

*By entering this contest, you agree to the terms and conditions outlined in the contest rules.

What is your experience of teaching another person a new skill? How did it feel to help someone learn something new?

Tips and Tricks:

- Counting your stitches is important in knitting to ensure your project turns out correctly.
- Always double-check your pattern to avoid any mistakes.
- Be patient and persistent - practice makes perfect.
It’s Cool to Be Kind

Knit a Skinny Scarf

Instructions:
1. Cast on 16 stitches using COLOR A. Recount your stitches when you finish the row.
2. Knit 16 rows. At the end of row 16, cut COLOR A, leaving a 6” tail of yarn, and pick up 16 stitches on your left-hand needle. Wrap COLOR B yarn around the right-hand needle, leaving another 6” tail of yarn, and pull through a loop. Then complete the stitch as usual and continue knitting with COLOR B. Make sure that you’re not knitting COLOR A’s tail in with the pick-up stitches.
3. At the beginning of row 33, change to COLOR A as described in step 3 above.
4. Bind off all stitches knitwise.
5. Cast on 16 stitches using COLOR B. Recount your stitches when you finish the row.
6. Knit two stitches together (only one of the stitches knitwise). Then at the beginning of row 33, change to COLOR A as described in step 3 above.
7. Bind off all stitches knitwise.

Materials:
• 1.75-oz. or 50 gms COLOR A medium-weight yarn
• 1.75-oz. or 50 gms COLOR B medium-weight yarn
• Size 5 mm (U.S. size 8) knitting needles or match the needle size recommended on the yarn label
• Yarn needle for crocheting

Learning Objectives:
• Learn to knit two stitches together
• Learn to knit a flat edge
• Practice counting stitches

Characteristics: Imaginative

Celebrity Sightings

“Gossip Girl” star Mary-Kate Olsen has often been spotted wearing striped scarves like the one featured in “It’s Cool to Be Kind.” Here is a simple pattern for a skinny scarf that you can make. Have fun knitting and wear it on your neck to look like a celebrity!”

FREE KNITTING SUPPLIES!

Call Warm Up America! at 800-662-9999 or visit www.WarmUpAmerica.org for a free Learn to Knit Kit.

NATIONAL STANDARDS AND BENCHMARKS

Language Arts: Listening and Speaking

Demonstrates perseverance
Concentrates mental and physical energies to meet the demands of the task

Life Skills: Self-Regulation

Has confidence in one’s own abilities, including skills, knowledge, and strategies for the task

Life Skills: Life Work

Interprets drawings (e.g., cross sections) for assembly or disassembly

Enter the Hold That Stitch Essay Contest for a Chance to Win a Cash Prize!

Do you know someone (or yourself) who is an awesome knitter? How about a teacher who has inspired you to knit or crochet?

THE CONTEST

Enter before April 9, 2010.

Win a trip for two to New York City to meet Mary-Kate Olsen—winner’s choice of one of two trips to NYC, including airfare, hotel accommodations, and prize money.

• Classroom Prize
• Yarn and needles for 30 students
• Instructional materials for 30 students

• Contest Prize
• Educational knitting kit
• Individual knitting kit

Must be a U.S. legal resident age 18 or older as of the date of entry.

No purchase necessary. Offer void where restricted or prohibited by law. See inside for details. (While supplies last. Offer good until 12/31/09.)

FREE LEARN TO KNIT KITS

Learn to knit or crochet for FREE! Visit www.WarmUpAmerica.org today!

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