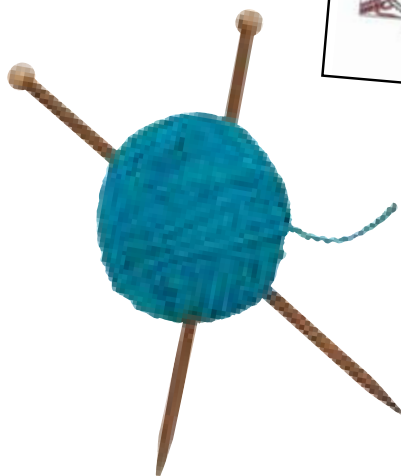


LEARN TO KNIT!

A life skills program for service-minded students

Look Inside to Find:

- Standards-based lessons and worksheets
- Information about an exciting community service project
- Classroom poster



Generously sponsored by



Dear Teacher:

Welcome to **Learn to Knit!**, a FREE national standards-based life skills program filled with creative, hands-on lessons and worksheets.

As students learn the craft of knitting, they will practice reading comprehension, analytical thinking, hand-eye coordination, and sustained focus. Your students will also practice the hands-on life skills of patience and determination, and learn self-esteem through an easy community service project.

Generously sponsored by the Warm Up America! Foundation and members of the Craft Yarn Council of America, **Learn to Knit!** provides:

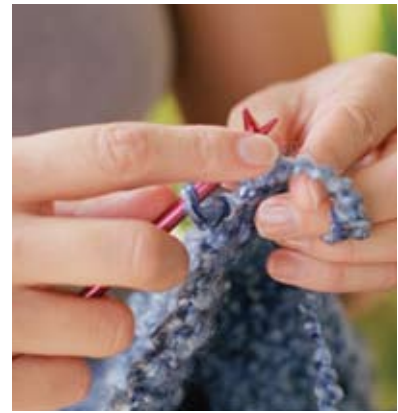
- Clear, illustrated knitting instructions
- Easy-to-follow patterns for a fashionable scarf
- Instructions for how students can use simple, knitted rectangles to help those who are less fortunate

We hope that your students enjoy this program and are inspired to donate their first knitting project—a simple 7" x 9" rectangle—to Warm Up America! This charity will assemble the rectangles into afghans for homeless shelters, teen pregnancy homes, battered women's shelters, nursing homes, hospitals, hospices, clinics, and national nonprofit agencies, including the American Red Cross.

Sincerely,

Mary Colucci

Mary Colucci
Warm Up America! Foundation



NATIONAL STANDARDS AND BENCHMARKS

STANDARDS	BENCHMARKS	LESSON		
Life Skills: Life Work		1	2	3
Grades 9–12				
Uses various information sources, including those of a technical nature, to accomplish specific tasks	Interprets drawings (e.g., cross sections) for assembly or disassembly	x	x	
Life Skills: Self-Regulation				
Grades 8–12				
Maintains a healthy self-concept	Understands that everyone makes mistakes, and that mistakes are a natural consequence of living and of limited resources	x	x	
	Has confidence in one's own abilities, including the ability to succeed	x	x	
Demonstrates perseverance	Concentrates mental and physical energies to meet the demands of the task	x	x	
Language Arts: Listening and Speaking				
Grades 8–12				
Uses listening and speaking strategies for different purposes	Uses strategies to enhance listening comprehension			x

Sources: NCTE (National Council of Teachers of English), McREL (Mid-continent Research for Education and Learning)

It's Cool to Be Kind

Knitting's not just your grandmother's hobby anymore. Since 1998, there has been a 400-percent increase in the number of people under 35 who knit and crochet, with 53 million knitters and crocheters in the United States alone. Just flip on the television and you'll hear about avid celebrity knitters, including Rosario Dawson, Cameron Diaz, Katherine Heigl, Dakota and Elle Fanning, and Mary-Kate and Ashley Olsen.

Every knitter's work is unique. It takes concentration, patience, and attention to detail, but knitting is a great way to express your individuality while creating something beautiful—and practical! The craft of knitting is fun to learn and has quick, tangible results.

Put your first knitting project to great use!

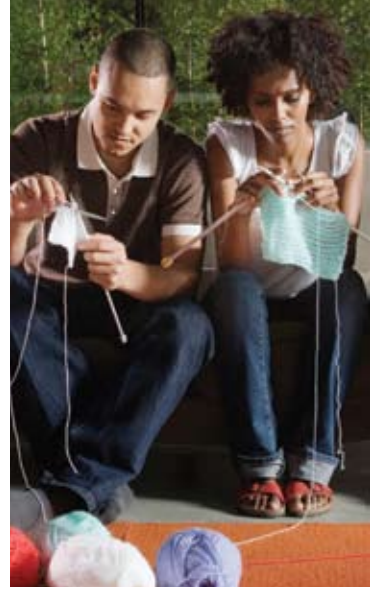
Before diving into creating your own skinny scarf using the pattern included with this program, you'll start with a simple project—a 7" x 9" rectangle—that will help you learn and practice a few basic stitches. And this little rectangle can have a big impact.

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 and afghans that are given to people in homeless shelters, teen pregnancy homes, battered women's shelters, nursing homes, hospitals, hospices, and clinics, and to national nonprofit agencies such as the American Red Cross. If you prefer, your class can even sew their own rectangles together and donate the afghan in your own community!

It's easy to do your part:

1. Knit a 7" x 9" rectangle as part of this curriculum program.
2. As a class, send your rectangles to:
Warm Up America!, 740 N. Josey Lane, Suite 102, Carrollton, TX 75007
3. Share your knitting know-how with younger students and help them create rectangles of their own.



LESSON OVERVIEWS FOR TEACHERS

The following are teacher instructions for the lessons in this Teaching Guide.
You may share the goals for each lesson with your students as you prepare to teach this unit.

Lesson 1: Pick Up Your Sticks

Goals: Learn the key terms, practices, and skills of knitting

Time Required: 2–3 class periods

Materials Required: **It's Cool to Be Kind** Student Worksheet 1; **Pick Up Your Sticks** Student Worksheet 2; Learn to Knit Kit; small scissors; ruler

Directions:

1. Ask students: Have you, or anyone you know, ever knitted anything? Engage students in a discussion about their personal experiences with knitting. Ask: What are the benefits of knowing how to knit? (The ability to make and personalize accessories and clothes, relaxing, fun, creative, etc.)
2. Distribute a copy of **It's Cool to Be Kind** Student Worksheet 1 to each student. Review it as a class and discuss the Warm Up America! Foundation. Explain that each student will be creating a knitted rectangle to donate to Warm Up America!
3. Hang the classroom poster and separate students into pairs. Distribute one copy of **Pick Up Your Sticks** Student Worksheet 2.
4. Read directions. Then demonstrate casting on while facing the class or while standing next to students so they can see left and right needle placement. Ask any students who already know how to knit to help.
5. Instruct students to cast on. Review pairs' progress by walking around.
6. Once students have mastered casting on, demonstrate 5–7 knit stitches for the class.
7. Have students complete a knit row (26 stitches). Encourage students to count their stitches carefully as they work.
8. Read the steps for completing a row of knit stitches and switching needles to begin the next row. Have students continue to practice.

Wrap-up: Ask: *Do you think young people have a role to play in community service? If yes, what is it?*

Lesson 2: Itching for Another Stitch?

Goals: Learn knitting's relevance to the world by completing a project to help individuals in need

Time Required: 2–3 class periods

Materials Required: **Pick Up Your Sticks** Student Worksheet 2; **Itching for Another Stitch?** Student Worksheet 3; **Knit a Skinny Scarf** Student Worksheet 5; small scissors; ruler

Directions:

1. Separate the class into pairs. Have students take out **Pick Up Your Sticks** Student Worksheet 2 and their partly completed rectangles.
2. Review the knit stitch from Lesson 1 and have the class complete 35 rows of 26 stitches each.
3. Distribute **Itching for Another Stitch?** Student Worksheet 3. Review the steps for binding off and guide students through completing their rectangles. Explain the importance of binding off to keep the rectangle, and any knit project, from unraveling.
4. As a class, package the finished rectangles and send them to Warm Up America!, 3740 N. Josey Lane, Suite 102, Carrollton, TX 75007
5. Distribute copies of **Knit a Skinny Scarf** Student Worksheet 5 and encourage students to use their knitting know-how to create fashionable scarves of their own.

Wrap-up: Explain that there are two basic stitches in knitting: knit and purl. The completed rectangles used the knit stitch. Instruct students to cast on to try a new stitch.

Read the steps for the purl stitch aloud on **Itching for Another Stitch?** Student Worksheet 3 and demonstrate 5–7 purl stitches while facing the class or while seated next to students so they can see left and right needle placement. Provide time for students to practice this new stitch. Explain that purl stitches look bumpy just like knit stitches because they are actually the reverse of knit stitches. Most often knit and purl stitches are combined to create interesting patterns.

Lesson 3: Student Knitting Circle and Essay Contest

Goals: Have students participate in a mentoring activity and write an essay describing their experience

Time Required: 2–3 class periods

Materials Required: knitting needles; yarn; **Pick Up Your Sticks** Student Worksheet 2; **Itching for Another Stitch?** Student Worksheet 3

Directions:

Before class begins:

Ask a local organization (school, youth group, church, etc.) if you can bring your students in to teach others the art of knitting. Schedule a time to bring your student mentors (a one-to-one ratio) to the organization. If preferred, students may choose to teach peer-partners such as neighbors or family members.

During class:

1. Pair older student-mentors with younger students.
2. Ask your students to explain how Warm Up America! uses knitted rectangles donated by people around the country to create afghans that warm homeless people living in shelters, people who receive aid from the American Red Cross, and many others.
3. Guide the pairs of students through creating new Warm Up America! rectangles using the instructions on **Pick Up Your Sticks** Student Worksheet 2 and **Itching for Another Stitch** Student Worksheet 3. (Mentors and students can share knitting needles and yarn.)
4. Collect the completed rectangles and send them to Warm Up America!, 3740 N. Josey Lane, Suite 102, Carrollton, TX 75007

Wrap-up: Back in your classroom,

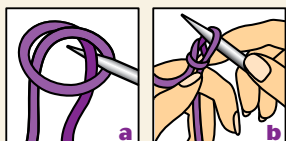
Have students write a one-page essay



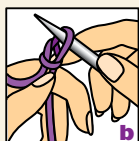
Pick Up Your Sticks

Welcome to the world of knitting! Let's dive right into your first project—a rectangle for Warm Up America! Read the directions, then follow the illustrations to learn how to knit the stitches you'll need.

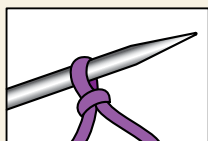
Casting On



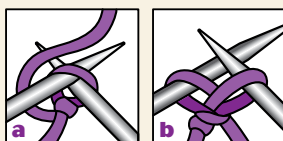
1a Make a slipknot: Loop the yarn as shown and slip needle under the lower strand of the loop.



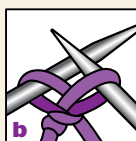
1b Pull up a loop of yarn.



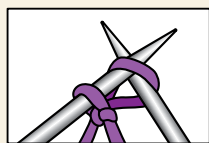
2 Pull the yarn end attached to the ball of yarn to tighten the slipknot, leaving the other end approximately 4 inches (10 centimeters) long. Transfer needle to left hand.



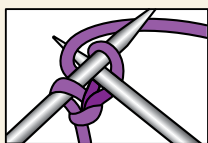
3a Insert the right-hand needle through the slipknot and wrap yarn over right-hand needle.



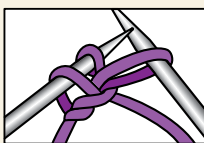
3b Pull loop through slipknot.



4 Place new loop on left-hand needle. (You now have 2 stitches on your left-hand needle.)



5 Insert right-hand needle between last 2 stitches on left-hand needle and wrap yarn over right-hand needle.



6 Pull loop through. Place this new loop on left-hand needle beside last stitch. Repeat steps 5 & 6 as needed.

How to Knit a Simple Rectangle:

You will be making a 7" x 9" rectangle using the knit stitch. To have your rectangle reach the correct size, you will need to complete 35 rows of 26 stitches each.

1. Cast on 26 stitches following the illustrations on this page.
2. Place the needle with the 26 stitches in your left hand and, following the knit stitch instructions on this page, knit every stitch. At the end of the row, all of your stitches will be on your right needle. This will give you a 7"-wide rectangle.
3. Switch the right needle to your left hand and, again, knit every stitch on your needle.
4. Repeat until you have completed 35 rows or your rectangle measures 9". Bind off following the illustrations on Worksheet 3.

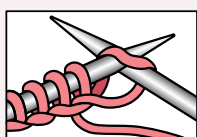
5. Finishing: Thread a blunt-pointed yarn needle and weave any loose yarn ends into the stitches near the edge of your knitting for about 1". Cut off the excess yarn.

6. Send your class's completed rectangles to Warm Up America!, 3740 N. Josey Lane, Suite 102, Carrollton, TX 75007

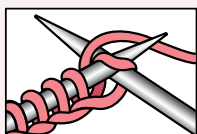
Note for left-handers: Because knitting requires the use of both hands, if you are left-handed, it is recommended that you follow these right-handed instructions.

Knit Stitch

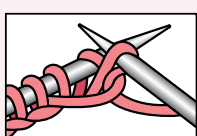
1 Hold the needle with cast-on stitches in your left hand, and the loose yarn attached to the ball at the back of work. Insert right-hand needle from front to back of the first stitch on the left-hand needle.



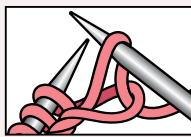
2 Wrap the yarn from left to right over the point of the right-hand needle.



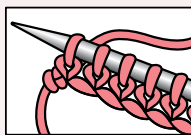
3 Draw the yarn through this original stitch, which forms a new stitch, on right-hand needle.



4 Slip the original stitch off the left-hand needle, keeping the new stitch on the right-hand needle.



5 To knit a row, repeat steps 1 to 4 until all stitches have been transferred from left-hand needle to right-hand needle. You have completed your first row of knitting. Switch the needle with the stitches to your left hand and you are ready to start your next row.



Itching for Another Stitch?

Follow the steps below to bind off your final row of stitches and finish your part of a blanket that will bring warmth to someone in need.

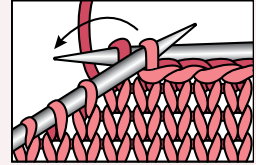
Binding Off Using the Knit Stitch

Step 1: Knit the first two stitches, insert left needle into the stitch you knitted first, and pull it over the second stitch and completely off the needle. One stitch is now bound off.

Step 2: Knit one more stitch, insert left needle into first stitch on right needle, and pull it over the new stitch and completely off the needle. Another stitch is bound off; don't pull on this too tightly.

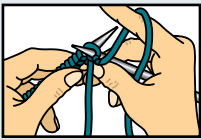
Step 3: Repeat Step 2 until one stitch remains; now cut yarn from skein, leaving a 6" end. With your needle, draw the end up and through the last stitch to hold it in place. Thread the yarn end into a yarn needle and

weave it into stitches near the edge.

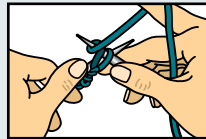


There are two basic stitches in knitting: the knit or garter stitch and the purl stitch. By combining these two stitches, you can create lots of other stitches and patterns. Let's give the purl stitch a try.

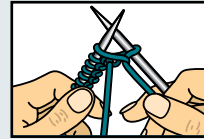
Purl Stitch



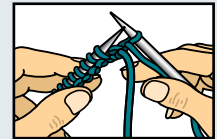
1 Hold the needle with cast-on stitches in your left hand. With yarn at front of work, insert right-hand needle from back to front into the first stitch on left-hand needle.



2 Wrap yarn around right-hand needle counterclockwise. Pull yarn through the original stitch, forming a new stitch on the right needle.



3 Slip original stitch off left-hand needle. Repeat these steps until all stitches on left-hand needle have been transferred onto right-hand needle to complete one row of purling.



4 Turn the work by transferring the needle with stitches into your left hand to purl the next row. The purl stitch is actually a reverse knit stitch.

Binding Off Using the Purl Stitch

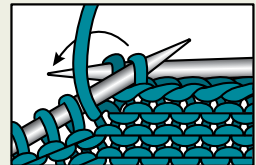
(If you finish the last row with a purl stitch)

Step 1: Purl the first two stitches, insert left needle into the stitch you knitted first, and pull it over the second stitch and completely off the needle. One stitch is now bound off.

Step 2: Purl one more stitch, insert left needle into first stitch on right needle, and pull it over the new stitch and completely off the needle. Another stitch is bound off; don't pull on this too tightly.

Step 3: Repeat Step 2 until one stitch remains; now cut yarn from skein, leaving a 6" end. With your needle, draw the end up and through the last stitch to hold it in place. Thread the yarn end into a yarn needle

and weave it into stitches near the edge.



Tips and Terms:

Count Your Stitches:

Check your stitches at the end of each row so that you know right away if you mistakenly added an extra stitch or dropped one.

Stitches too tight?

If your stitches are barely moving along the needle, don't pull the yarn so tight. If you have loose stitches, focus on pulling the yarn tighter.

Gauge:


This refers to the number of stitches to the inch (horizontally) and the number of rows to the inch (vertically). A label or pattern might say 18 stitches and

24 rows = 4" x 4". This means you should knit 18 stitches across to get your piece to 4" wide, and knit 24 rows down to get your knitting to 4" long.

Knit a Skinny Scarf

Now use your knitting know-how and the pattern below to make a skinny striped scarf!

Measurements: 4" (10 cm) wide by 60" (152 cm) long

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 weaving in yarn ends

Gauge: 16 stitches and 26 rows = 4"

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 yarn COLOR B.
3. Insert your right-hand needle from front to back through the first stitch 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 new yarn.
4. Knit rows 17–32. At the end of row 32, cut COLOR B, leaving a 6" tail of yarn. Then at the beginning of row 33, change to COLOR A as described in step 3 above.
5. Continue alternating COLOR A and COLOR B every 16 rows, until the scarf is the length you prefer.
6. Bind off all stitches knitwise.
7. Finish your scarf by threading the ends of yarn through the eye of the yarn needle, then weaving the ends through the stitches along the edge of your scarf.

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

Like text messaging, knitting patterns use their own language of abbreviations. Most knitting books and magazines have a key to explain what they mean. Here are a few definitions to get you started.

BO: bind off

CA: color A

CB: color B

CC: contrasting color

CO: cast on

dec: decrease(ing)

inc: increase(ing)

in(s) or ": inch(es)

k: knit

k2tog: knit two stitches together

LH: left-hand needle

lp(s): loop(s)

MC: main color

p: purl

RH: right-hand needle

RS: right side

st(s): stitch(es)

tog: together

WS: wrong side

YRN: yarn round needle



Celebrity Sightings

From the characters on *Gossip Girl* to real-life celebrities, the skinny scarf has become a must-wear item. Drew Barrymore, Victoria Beckham, Lourdes Leon, and Jessica Alba have all been spotted wearing striped scarves like the one featured in this pattern.