



Teaching Guide and Poster

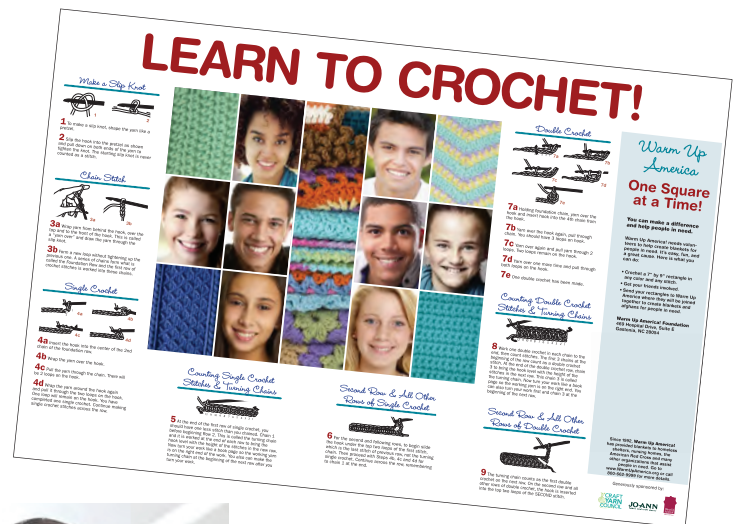
Grades 8–12

LEARN TO CROCHET!

A life skills program for students

Look Inside to Find:

- Standards-based lessons and worksheets
- Information about an exciting community service project
- Easy-to-follow project patterns
- Classroom poster
- Special discount card for teachers



Scarf



Wristers



Phone Cozy



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Dear Teacher:

Welcome to Learn to Crochet!, a FREE national standards-based, life skills program filled with creative, hands-on lessons and worksheets. As students learn the craft of crocheting, 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 raise self-esteem through completing one of several patterns, including an easy community service project.

Created and generously sponsored by the Jo-Ann Fabric and Craft Stores and members of the Craft Yarn Council, Learn to Crochet! provides:

- 30 student crochet kits each including one skein of yarn, a crochet hook, inspirational patterns and special discount cards from Jo-Ann Fabric and Craft Stores
- Clear, illustrated crocheting instructions
- Easy-to-follow patterns for fashionable accessories
- Instructions for how students can use simple, crocheted rectangles to help those who are less fortunate

We hope that your students enjoy this program and are inspired to complete one of the many patterns or donate their first crochet project—a simple 7" x 9" rectangle—to Warm Up America! This charity will assemble the rectangles into blankets 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,



Margaret Skinner
Jo-Ann Fabric and Craft Stores



Mary Colucci
Craft Yarn Council

National Standards and Benchmarks

STANDARDS	BENCHMARKS	LESSON		
		1	2	3
Life Skills: Life Work				
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)



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.

NOTE ABOUT YARN: Several different types of yarn were used in the student crochet kits. All the yarns supplied contain enough to complete the Phone Cozy and a 7" by 9" crocheted rectangle for Warm Up America but not all kits contain sufficient yarn to complete the Wristers or Scarf. Please assist students to check the amount of yarn required for each project.

Lesson 1:

Get hooked!

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

Time Required: 2–3 class periods

Materials Required: It's Cool to Be Kind Student Worksheet 1; Get Hooked Student Worksheet 2; Learn to Crochet Kit; small scissors; ruler

Left-handed Students: Most crochet experts recommend that left-handed people learn to crochet right-handed. However, if you find that a left-handed student is having difficulty, there are helpful left-hand crochet instructions at the Crochet Guild of America web site (<http://www.crochet.org/lessons/lesson1/lesson1.html>), which were provided by the Craft Yarn Council.

Directions:

1. **Ask students:** Have you, or anyone you know, ever crocheted anything? Engage students in a discussion about their personal experiences with crocheting.
Ask: What are the benefits of knowing how to crochet? (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 begin to crochet a rectangle to donate to Warm Up America!
3. Hang the classroom poster and separate students into pairs. Distribute one copy of Get Hooked Student Worksheet 2 and one Learn to Crochet Kit to each student.
4. Read directions. Demonstrate how to make a slip knot while facing the class or while standing next to students so they can see the yarn and hook more clearly. Discuss there are several ways to hold the hook while crocheting. The most common is holding it like a pencil but whatever feels comfortable for the student is fine. Demonstrate how to crochet a foundation chain.
5. Explain that a series of chain stitches create the foundation row. Instruct students to create a foundation chain with 26 chain stitches. Review pairs' progress by walking around.
6. Once students have mastered making chain stitches, demonstrate for the class how to make single crochet stitches in the foundation row.

7. Have students complete a crochet row (25 stitches). Encourage students to count their stitches carefully as they work.

8. Read the steps for completing a row of single crochet stitches and discuss the importance of a turning chain at the end of the first 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 crocheting's relevance to the world by completing a project to help individuals in need.

Time Required: 2–3 class periods

Materials Required: Get Hooked Student Worksheet 2; Itching for Another Stitch? Student Worksheet 3; Student Worksheets 4 & 5; Learn to Crochet Kit; small scissors; ruler

Directions:

1. Separate the class into pairs. Have students take out Get Hooked Student Worksheet 2 and their partly completed rectangles.
2. Review the single crochet stitch from Lesson 1 and have the class complete two additional rows of 25 stitches each for practice.
3. Distribute Itching for Another Stitch? Student Worksheet 3. Read the steps for the double crochet stitch aloud on Itching for Another Stitch?, pointing out that this is a tall stitch which is made by wrapping the yarn over the hook several more times than they did to make a single crochet. Demonstrate 5–7 double crochet stitches while facing the class or while seated next to students so they can see the hook placement. Provide time for students to practice this new stitch.
4. Discuss the importance of the turning chain at the beginning of the second row or at the end of the double crochet row to bring the hook level with the height of the stitches in the new row, turning the work and where to start the next row of double crochet.
5. Distribute copies of Student Worksheets 4 & 5 and encourage students to use their crochet know-how to create one of the fashionable accessories or complete a rectangle and donate it to Warm Up America.

6. Explain the importance of fastening off to keep the rectangle, and any crochet project, from unraveling. If members of the class complete rectangles, please send them to Warm Up America!, 469 Hospital Drive, Suite E, Gastonia, NC 28054.

7. **Wrap-up:** Explain that there are many other crochet stitches that can be made using the basic technique of wrapping yarn many times around the hook.

Lesson 3:

Student Crocheting Circle

Goals: Have students participate in a mentoring activity.

Time Required: 2–3 class periods

Materials Required: Get Hooked Student Worksheet 2; Learn to Crochet kit.

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 crocheting. 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 crocheted rectangles donated by people around the country to create blankets that warm homeless people living in shelters, people who receive aid from the American Red Cross and many other community service agencies.
3. Guide the pairs of students through creating new Warm Up America! rectangles using the instructions on Get Hooked Student Worksheet 2.
4. Mentors and students can share crochet hooks and yarn.
5. Collect the completed rectangles and send them to Warm Up America!, 469 Hospital Drive, Suite E, Gastonia, NC 28054.

Wrap-up: Have students discuss their experience of teaching another person. Ask how it made them feel.



Student Worksheet 1

It's Cool to Be Kind

Crocheting'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 over 50 million crocheters and knitters in the United States alone. Just flip on the television and you'll hear about avid celebrity crocheters, including Raven-Symone, Eva Longoria, Gwyneth Paltrow, Trisha Yearwood, Madonna, and many others.

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

Put your first crocheting project to great use!

Before diving into creating your own project following the Phone Cozy, Wristers or Scarf patterns included with this program, you also can 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 crocheted rectangle?

The Warm Up America! Foundation collects donations of crocheted and 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 blanket in your own community!

It's easy to do your part:

1. Crochet a 7" x 9" rectangle as part of this curriculum program.
2. To begin chain 26 stitches and following either the single or double crochet illustrations. Crochet until your rectangle measures 9". Fasten off to secure your crochet and weave in any yarn ends.
3. As a class, send your rectangles to:
Warm Up America!
469 Hospital Drive, Suite E
Gastonia, NC 28054
4. Share your crocheting know-how with younger students and help them create rectangles of their own.





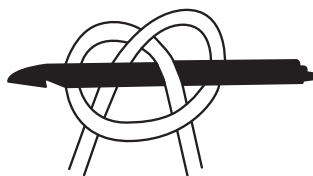
Student Worksheet 2

Get Hooked!

Welcome to the world of crochet. Read the directions, then follow the illustrations to learn how to crochet the stitches you need.

Getting Started

Make a Slip Knot

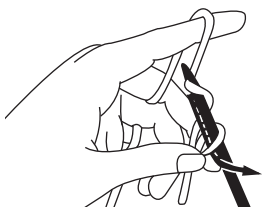


1 To make a slip knot, shape the yarn like a pretzel.



2 Slip the hook into the pretzel as shown and pull down on both ends of the yarn to tighten the knot. The starting slip knot is never counted as a stitch.

Chain Stitch



3a Wrap yarn from behind the hook, over the top and to the front of the hook. This is called a "yarn over" and draw the yarn through the slip knot.



3b Form a new loop without tightening up the previous one. A series of chains form what is called the Foundation Row and the first row of crochet stitches is worked into these chains.

Single Crochet



4a Insert the hook into the center of the 2nd chain of the foundation row.



4b Wrap the yarn over the hook.



4c Pull the yarn through the chain. There will be 2 loops on the hook.



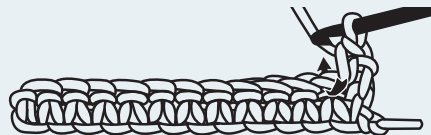
4d Wrap the yarn around the hook again and pull it through the two loops on the hook. One loop will remain on the hook. You have completed one single crochet. Continue making single crochet stitches across the row.

Counting Single Crochet Stitches & Turning Chains



5 At the end of the first row of single crochet, you should have one less stitch than you chained. Chain 1 before beginning Row 2. This is called the turning chain and it is worked at the end of each row to bring the hook level with the height of the stitches in the new row. Now turn your work like a book page so the working yarn is on the right end of the work. You also can make the turning chain at the beginning of the next row after you turn your work.

Second Row & All Other Rows of Single Crochet



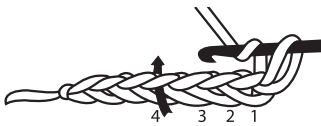
6 For the second and following rows, to begin slide the hook under the top two loops of the first stitch, which is the last stitch of previous row, not the turning chain. Then proceed with Steps 4b, 4c and 4d for single crochet. Continue across the row, remembering to chain 1 at the end.



Student Worksheet 3

Itching for Another Stitch?

Double Crochet



7a Holding foundation chain, yarn over the hook and insert hook into the 4th chain from the hook.



7b Yarn over the hook again, pull through chain. You should have 3 loops on hook.



7c Yarn over again and pull yarn through 2 loops. Two loops remain on the hook.

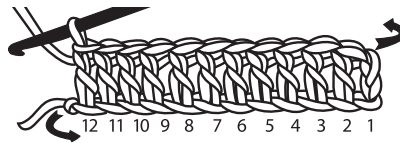


7d Yarn over one more time and pull through both loops on the hook.



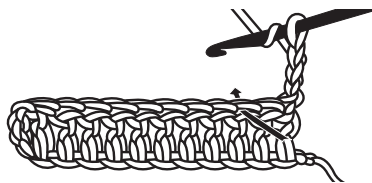
7e One double crochet has been made.

Counting Double Crochet Stitches & Turning Chains



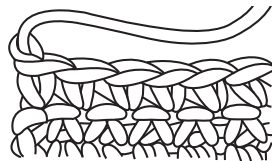
8 Work one double crochet in each chain to the end, then count stitches. The first 3 chains at the beginning of the row count as a double crochet stitch. At the end of the double crochet row, chain 3 to bring the hook level with the height of the stitches in the next row. This chain 3 is called the turning chain. Now turn your work like a book page so the working yarn is on the right end. You can also turn your work first and chain 3 at the beginning of the next row.

Second Row & All Other Rows of Double Crochet



9 The turning chain counts as the first double crochet on the next row. On the second row and all other rows of double crochet, the hook is inserted into the top two loops of the SECOND stitch.

Fastening Off



10 To end your work, cut the yarn leaving at least 6" (10cm) tail. Draw the yarn through the last loop; tighten gently. This will prevent unraveling.

Tips & 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 missed one.

Stitches too tight or too loose?

If you can barely insert your hook into a chain stitch, you are pulling the yarn too tight. Try not to pull the yarn so tightly when you make a stitch. If you have very loose stitches, focus on pulling the yarn tighter. As you practice, your stitches will look more even.

Gauge:

All crochet patterns will mention the word "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 crochet 18 stitches across to get your piece to 4" wide, and crochet 24 rows down to get your crocheting to 4" long. If you are making a project that requires fit, it is recommended that you crochet a gauge swatch before you begin to make sure you obtain the exact gauge noted in the pattern. If you find you have more stitches in 4" than the gauge mentions, try crocheting another gauge swatch using the next larger-size hook. If you have too few stitches in your 4"-gauge swatch, crochet another using the next smaller hook. Change hook sizes until you get the correct number of stitches.

Crochet Lingo

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

Each Student Project Worksheet explains the abbreviations that are used in the Phone Cozy, Wrists and Unisex Scarf patterns.



Student Worksheet 4

Fun Phone Cozy



What You Need



LION BRAND® FUN
(Art. #157)
#157 Light Yellow 1 ball
or color of your choice

LION BRAND® crochet hook size I-9
(5.5 mm)

LION BRAND® large-eyed blunt
needle

GAUGE
6 single crochet = about 2 in. (5 cm).

BE SURE TO CHECK YOUR GAUGE.
When you match the gauge in a pattern, your project will be the size specified in the pattern and the materials specified in the pattern will be sufficient. If it takes you fewer stitches and rows to match the gauge, try using a smaller size hook; if more stitches and rows, try a larger size hook.

Instructions

SIZE
About 2¾ x 5 in. (7 x 12.5 cm)

Chain 10, single crochet in 2nd chain from hook and in each chain across.

Next row: Chain 1, turn, single crochet in each stitch across. Repeat last row until piece measures about 10½ in. (26.5 cm). Fasten off.
Fold piece in half and seam sides.

FINISHING
Weave in ends.

ABBREVIATIONS
cm = centimeter; **in** = inch.

Unisex Scarf



What You Need



Caron Simply Soft Heather
(5 oz/141.7 g;
250 yds/228 m)
Caron Simply Soft
(6 oz/170.1 g;
315 yds/288 m)

Solid Version
9742 Grey Heather 1 ball

Striped Version
Contrast A 9754 Persimmon 1 ball
Contrast B 9508 Charcoal Heather
1 ball

Size 5 mm (U.S. H/8) crochet hook
or size needed to obtain gauge.

GAUGE
13 sc and 14 rows = 4" [10 cm].

ABBREVIATIONS
Approx = Approximately
Beg = Beginning
Ch(s) = Chain(s)
Dc = Double crochet
Rep = Repeat
Sc = Single crochet
St(s) = Stitch(es)

Instructions

MEASUREMENTS
Approx 6" x 60" [15 x 152.5 cm].

Ch 21.
Row 1: 1 sc in 2nd ch from hook, 1 dc in next ch, (1 sc in next ch 1, dc in next ch) 9 times. Turn. 20 sts.
Row 2: Ch 1, 1 sc in first dc, 1 dc in next sc, (1 sc in next dc, 1 dc in next sc) 9 times. Turn. 20 sts. Rep 2nd row until Scarf measures 60" [152.5 cm]. Fasten off.

Tip:
To make a Two Color Stripe Scarf
1. With Color **A**, Row 1 and 2 of pattern.
2. Rep 2nd row until stripe measures 4" [10 cm] and change to Color **B**. To change color, work to last 2 loops on hook of first color. Draw new color through last 2 loops and proceed.
3. Rep Step 2, alternating stripe color every 4" [10 cm], until Scarf measures 60" [152.5 cm]. Fasten off.

Student Worksheet 5

Easy Crochet Wristers



Designed by Andee Graves.



What You Need

RED HEART®Shimmer®: 1 ball 1931 Purple Haze.

Crochet Hook: 5mm [US H-8]
Yarn needle

GAUGE: 14 sts and 13 rows in pattern = 4" (10 cm). **CHECK YOUR GAUGE.** Use any size hook to obtain the gauge given.



RED HEART®Shimmer® Art. E763 available in 3.5 oz (100 g), 280 yd (256 m) and multicolor 3 oz (85 g), 240 yd (220 m) balls

Instructions

Directions are given for size Small. Changes for Large are in parenthesis.

Finished Length: 8.5" (9"), (21.5 [23] cm)

To fit Palm size: 8" (9"), (20.5 [23] cm)

Finished Widest Circumference: 8" (9.25"), (20 [23.5] cm)

Notes

1. For whip stitching, thread yarn through eye of yarn needle then sew by inserting needle under 2 loops at top of st, and 1 loop at bottom of indicated row.
2. Finished fabric is stretchy in width and length, just smooth over hand and wrist to adjust fit.

WRISTERS (make 2)

Leaving a 10" (25 cm) beginning tail, ch 31 (33).

Row 1 (right side): Sc in 2nd ch from hook, *dc in next ch, sc in next ch; repeat from * across to last ch, dc in last ch, turn—15 (16) sc and 15 (16) dc.

Row 2: Ch 1, sc in first st, *dc in next st, sc in next st; repeat from * across to last st, dc in last st, turn.

Rows 3-24 (3-28): Repeat Row 2.

Row 25 (29): Ch 1, sc in first st, *dc in next st, sc in next st; repeat from * across to within last 13 (15) sts, dc in next st, turn, leaving remaining sts unworked—9 sc; 9 dc.

Row 26 (30): Repeat Row 2 on 18 sts. Fasten off, leaving a 14" (35.5 cm) tail.

FINISHING

With right sides together and using beginning tail, whipstitch the top of Row 24 (28) to the bottom of Row 1 for 10 (12) sts, then using the ending tail, whipstitch the top of Row 26 (30) to the bottom of Row 1.

NOTE: Should have 2 un-sewn sts on top of Row 24 [28] and bottom of Row 1 for thumb opening between the sewn sections.

Weave in ends.

NOTE: For maximum stretch, weave in tails along seams.

ABBREVIATIONS

ch = chain; **dc** = double crochet; **mm** = millimeters; **sc** = single crochet; **sk** = skip; **st(s)** = stitch(es); *** or **** = repeat whatever follows the * or ** as indicated.