



People have been knitting for thousands of years and when you snuggle up in your fave sweater or scarf on a chilly day, it's easy to see why.

Learning to knit is much easier than you might think, so what are you waiting for? Get clicking those needles!

Equipment

- A pair of knitting needles
- Ball of wool
- Scissors
- Tape measure



Helpful advice

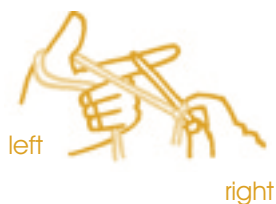
If you're left-handed, you'll need to swap a few things around. Every time the instructions say 'left hand', use your right hand and when they say 'right hand', use your left hand. Everything else stays the same – simple!

Instructions Casting On

1 Tie a loose knot on one of the needles about 10 cm from the end of the wool.

4 Slip the loop off your thumb and onto the needle and pull the wool so your stitch sits snugly on the needle. Keep repeating until you've cast on as many stitches as you need.

2 Hold the needle in your right hand and loop the end of the wool around your left thumb.



3 Now, slide the point of the needle through the loop on your thumb, pull some wool from the ball and pass it around the needle going from back to front.

Below shows a row of cast on stitches.



Instructions Garter Stitch

1 Holding the needle with the cast-on stitches in your left hand and the other needle in your right hand, push the point of the right-hand needle through the first stitch, going from front to back.



2 Wrap the wool under then over the tip of the right hand needle.



3 Then pull the wool through the stitch with the needle.



4 It will make a new loop on the right-hand needle.



5 Repeat steps 1 to 4 on each stitch in turn until they've all moved from the left-hand needle to the right one.



Instructions Purling

1 Hold the needles as before, but this time when you push the point of the right-hand needle through the first stitch, go from back to front.



2 Wrap the wool over and then under the tip of the right-hand needle and pull the wool through the stitch with the needle.



3 You'll make a new loop on the right-hand needle, as before.

4 Let the stitch you've worked, slide off the left-hand needle.

5 Repeat steps 1 to 3 until all your stitches have moved from the right-hand needle to the left one.

Instructions Casting Off

1 Work the first two stitches in the row as you normally would and then stop.

2 Push the point of the left-hand needle into the first of the two stitches you've just made, going from back to front.



4 Knit another stitch, so you've got two on the right-hand needle again.



3 Carefully pull the stitch over the second one you worked and slip it off the needle.

5 Repeat steps 2 to 4 until all your stitches have been neatly finished off. When you're left with just 1 stitch on the needle, snip the end of the wool and tie in a neat knot through the stitch.

Instructions Catching Dropped Stitches

Dropped stitches are stitches that accidentally slide off the needle during knitting. If left unfixed, dropped stitches can create holes in your scarf. Here's what you do to pick up a dropped stitch:

1 Knit across the row to the position of the dropped stitch. The horizontal strand of wool from the row above the dropped stitch should be behind the stitch.



3 Insert the left needle from back to front into the dropped stitch. Then lift the stitch over the strand of wool and off the needle. Now the corrected stitch is on the right needle.



2 Insert the right needle from front to back into the dropped stitch and the horizontal strand of wool. The strand of wool should be to the left of the dropped stitch.



4 Slip the corrected stitch from the right needle to the left needle.

