



Knitting

Leader Resource

4-H Year Completion

In order to complete the 4-H year members are required to:

- Complete the **Achievement Day** requirements (as outlined below)
- Complete a **Communication** Project
- Complete a **Community Service** Activity
- Complete an **Agriculture Awareness** Activity

The 4-H Knitting Project is designed for members to begin with “Intro to Knitting”, learning the basics. Members are then encouraged to expand their skills through each level, building on knowledge gained from previous project activities.

Achievement Day Requirements

Project Items & Record Pages

- Achievement Day requirements for each knitting Activity can be found on pages 4 & 5
- Completed knitting projects must include the following for completion:
 - ***Main Project Item** (ideas listed on Pgs. 4 & 5)
 - ***Samples** (if applicable for project)
 - ***Additional Items** (if listed with Project Ideas)
 - ***Completion of Member Reflection & 4-H Year Completion Checklist** (as outlined on Pgs. 7 & 8)
- **Do Your Own Thing - Knitting** is for members who would like to create a knitting project with their own pattern/idea (separate from this guide). Members choosing to do this are to follow the guidelines for the DYOT project which is separate from this Knitting Resource

Exhibition Requirement

Members are strongly encouraged to participate in the 4-H Classes at PEI Fairs & Exhibitions

- Chosen item must be the **Main Project Item** member has completed for their knitting project
- Chosen item must be displayed at the Club Achievement Day

Project Overview

THE KNITTING PROJECT has a number of project levels/activities, each offering a different skill set for members to learn the art of knitting.

First year members in the knitting project, should learn the basics through completion of the “Intro to Knitting” activity. Following the Intro level, members are encouraged to explore the knitting world, using activity ideas from this guide or personal patterns for project ideas.



DO YOUR OWN THING (DYOT)

Members are also encouraged to explore personal creations and complete a Knitting item as a Self-Determined or “Do Your Own Thing” project. This project allows members to create their own item using the skills gained from completing all levels in the Knitting project. Member must be 12 years old as of January 1 and submit a proposal listing the idea and intentions. The project guide can be found at pei4h.ca/4-h-projects (under Leadership) or from your 4-H Specialist.

****Proposals for the “Do Your Own Thing - Knitting” project are due December 1.**

PLEASE NOTE: Members are asked to check the box beside the project level in which they are participating (Pages 4 & 5). Levels can be repeated as long as the project activity chosen is different from the previous year. This will be advantageous for members who may wish to further develop their knitting skills before moving on to something a little more difficult.

New Format - New Activities - New Ideas.

- **LEADERS...**a resource book is available at the 4-H PEI Office. The resource includes instructions for the samples and patterns for the suggested project items. Please contact your 4-H Specialist for a copy.
- **MEMBERS...**If you have an idea or topic in mind for a project activity that relates to knitting, be sure to talk to your project leader! The new format allows you to review, discuss and select activities that interest you and your fellow 4-H project members. Have fun with it!
- **4-H STAFF** welcome any feedback, questions or concerns about the Knitting Project. Documented inquiries will be forwarded to the Provincial Home Ec. Committee for review.

Patterns for the suggested project items are available from the 4-H Office or your Knitting Leader. Members and Leaders are also encouraged to explore the internet (or other pattern books) for patterns and knitting activities that may fit into the learning objectives for the knitting project.



CANADA

Learn To Do By Doing



Supplies & Materials

YARN

- Yarn can come from a natural source (such as wool & cotton) OR it can be made from chemicals (such as nylon & acrylic).
- Tiny fibers are spun together to make a strand of yarn.
- The number of strands of yarn that are twisted together to form the final thickness or weight of the yarn is called **ply**. By untwisting the end of a piece of yarn, you can count the strands and determine the ply.
- Most yarns are coloured or dyed and wound into **skeins**.
- The **dye –lot** number is shown on the skein (wrapper) label and only the skeins with matching dye-lot numbers will be exactly the same colour.
- Most skeins of yarn are “pull skeins”, meaning that you begin using it by pulling the yarn from the center of the skein (you do not unwind the skein but rather work with the yarn from the inside out).



Buying Yarn?

Try to buy all of the yarn for your project at the same time. It is important that each skein of yarn has the same dye-lot number printed on the label. This will ensure that each skein was dyed at the same time and will be even in colour throughout!

KNITTING NEEDLES

There are MANY shapes, sizes and styles of knitting needles.

The main ones you will use for the projects in this guide will be:

1. **Single Pointed** or **Straight** needles have a point on one end and a cap on the other end. They can be made of aluminum, plastic or wood.
2. **Double Pointed** needles have points on both ends and are usually sold in sets of four. They can be made of aluminum, plastic or wood.
3. **Circular** needles can be made of aluminum, plastic or wood having two points that taper into a thin, flexible cable. Usually used for patterns that call for “knitting in the round”.

The Knitting Needle Conversion Chart (right) lists the conversion between metric and imperial sizes for needle thickness. This chart will help you in choosing the correct needle size for your project based on what is recommended for the pattern. The 4-H Office also has a supply of Needle Gauges available for members and leaders to use!

Knitting needle conversion chart

UK	METRIC	US
14	2mm	0
13	2¼mm	1
	2½mm	–
12	2¾mm	2
11	3mm	–
10	3¼mm	3
	3½mm	4
9	3¾mm	5
8	4mm	6
7	4½mm	7
6	5mm	8
5	5½mm	9
4	6mm	10
3	6½mm	10½
2	7mm	–
1	7½mm	–
0	8mm	11
00	9mm	13
000	10mm	15

Project Ideas

4-H Members - below are suggestions for knitting projects. If you have an idea in mind for a project that relates to knitting, be sure to talk to your project leader! The new project format allows you to review, discuss and select activities that interest you and your fellow 4-H project members. If you don't see something that you are interested in, suggest a new idea! Have fun with it!

If repeating this activity, the main project must be of a different pattern from that of which you have previously made. It is your choice for the new pattern, but work should be within the same skill level.

Intro to Knitting

First year knitting members must take the introductory knitting level. This level is designed to teach the important beginning steps of knitting including:

- Yarn selection
- Needle types and size selection for your activity
- Basic knitting stitches (knit & purl)
- Casting on & off the needles



Achievement Day Requirements: *3 Knitting samples

(garter / stockinet / ribbing)

***1 Knitted Dog or Bootie Style Slippers**

Exhibition Entry: Knitted Dog or slippers (or another knitted project of the same skill level)

Next Steps in Knitting

This knitting activity will build on skills developed in "Intro to Knitting". Members will knit on two (2) needles, learn how to increase and decrease stitches and also how to knit with two or more colours.



Achievement Day Requirements: *4 Knitting Samples

(increasing / decreasing / 2-colour sample)

***Scarf** (minimum of 34" (86cm) in length)

***Mitts** (one or two colours)

Exhibition Entry: Scarf **OR** Mitts (or another knitted project of the same skill level)

Critter Knitting

"Critter Knitting" allows members to further develop knitting skills while creating fun characters. Members will learn how to properly knit pattern pieces (using correct tension and gauge) and fit them together to create a teddy bear or frog.



Achievement Day Requirements: *2 Knitting Samples (tension and gauge)

***1 Knitted dishcloth**

***1 Teddy Bear or Frog**

Exhibition Entry: Knitted Teddy Bear or Frog (or another knitted project of same skill level)

Project Ideas

Cable Knitting

Moving on from two to three needles, members can use techniques learned in “Cable Knitting” to create fashionable scarves & sweaters!

Achievement Day Requirements: *1 Knitting Sample (cable knit)

*1 Cable Knit Scarf

*1 African Comfort Doll



Exhibition Entry: Cable Knit Scarf (or another knitted project of same skill level)

Advanced Knitting

Advanced Knitting (formerly known as Head and Hands), requires members to work with four needles vs. two and use more than one colour in the pattern. Members are welcome to use the “Fair Isle” pattern provided (ask your leader) or choose a pattern or special stitch of their own, keeping in mind the requirements.

Achievement Day Requirements: *1 Sample - 4 needle ribbing sample

*Mitts (with pattern or special stitch)

*Hat (with pattern excluding thrum stitch)

Exhibition Entry: Hat & Mitts (or another knitted project of same skill level)

The finished item...what to look for

As you learn the different skills associated with knitting, you should also be learning what to look for in a finished project.

The following should always be kept in mind when knitting. Knowing what to look for in a well made project, will help you focus on areas in which to improve:

- **Creative Design:** Design, colour and materials are suitable for the finished item
- **Workmanship:**
 - Item has even tension and stitch size
 - Accurate pattern (if applicable) throughout
 - Knots and ends worked in securely
 - Edges are smooth and seams are stretchy but firm
 - Seams secure and neatly stitched - not bulky

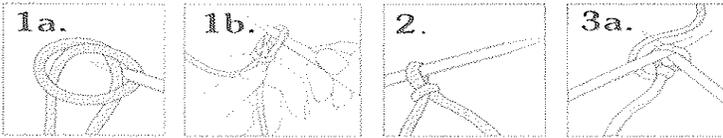


Helpful Resources!

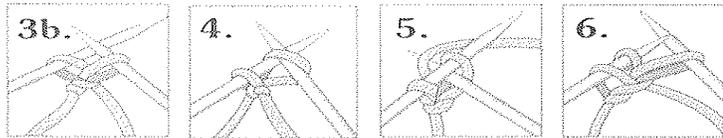
- www.knitting.about.com
- www.knittinghelp.com
- www.wonderful-things.com
- www.learntoknit.com
- www.knittingzone.com
- www.pinterest.com
- www.ravelry.com

Basic Stitch Guide

Casting On



- 1a.** Make a slip knot: 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 slip knot leaving the other end approx 4 ins [10 cm] long. Transfer needle to left hand.
3a. Insert the right-hand needle through slip knot and wind yarn over right-hand needle.



- 3b.** Pull loop through slip knot.
4. Place new loop on left-hand needle beside first loop. (You now have 2 stitches (sts) on your left-hand needle).
5. Insert right-hand needle between last 2 stitches (sts) on left-hand needle and wind yarn over right-hand needle.
6. Pull loop through. Place this new loop on left-hand needle beside last stitch (st). (You now have 1 more stitch on left-hand needle). Repeat (rep) steps 5 and 6 until required number of stitches (sts) have been cast on left-hand needle.

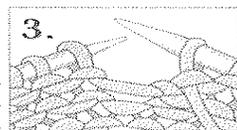
Purl Stitch



- 1.** With yarn at front of work, insert right-hand needle from right to left through front of first stitch (st) on left-hand needle.

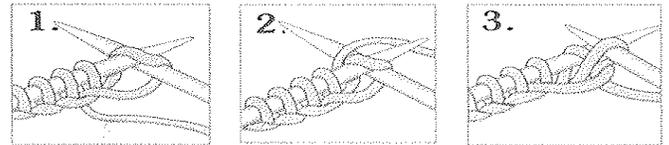


- 2.** Wind yarn around right-hand needle. Pull yarn through stitch (st).

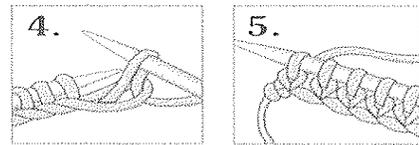


- 3.** Slip original stitch (st) off needle. Repeat (rep) these steps until all stitches (sts) on left-hand needle have been transferred onto right-hand needle to complete one row of purling.

Knit Stitch

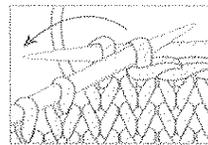


- 1.** Hold the needle with cast on stitches (sts) in your left hand, and the loose yarn attached to the ball at the back of work. Insert right-hand needle from left to right through the front of the first stitch (st) on the left-hand needle.
2. Wind the yarn from left to right over the point of the right-hand needle.
3. Draw the yarn through this original stitch (st) which forms a new stitch (st) on right-hand needle.



- 4.** Slip the original stitch (st) off the left-hand needle, keeping the new stitch (st) on the right-hand needle.
5. To knit a row, repeat steps 1 to 4 until all stitches (sts) have been transferred from left-hand needle to right-hand needle. Turn the work by transferring the needle with stitches (sts) into your left hand to knit the next row.

Casting Off



- Cast off using knit stitch (knitwise)** Knit the first 2 stitches (sts). *Using left-hand needle, lift first stitch (st) over second stitch (st) and drop it off between points of the 2 needles.

Knit the next stitch (st); repeat (rep) from * until all stitches (sts) from left-hand needle have been worked and only 1 stitch (st) remains on the right-hand needle. Cut yarn (leaving enough to sew in end) and thread cut end through stitch (st) on needle. Draw yarn up firmly to fasten off last stitch (st).



- Cast off using purl stitch (purlwise)** Purl first 2 stitches.

*Using left-hand needle, lift first stitch (st) over second stitch (st) and drop it off needle. Purl next stitch (st); repeat (rep) from * securing the last stitch (st) as described for casting off knitwise.

Knitting Abbreviations

mm = millimeter(s)
 cm = centimeter(s)
 ins = inches
 g = gram(s)
 oz = ounce(s)
 tog = together

st = stitch
 sts = stitches
 K = knit
 P = purl
 inc = increase
 dec = decrease