

# HEARTS



## HEART KNITTING PATTERN FOR COVID -19 PATIENTS.

**ONE HEART IS GIVEN TO THE PATIENT,  
THE OTHER A FAMILY MEMBER WHO IS UNABLE TO BE WITH THEM.**

This heart is knitted flat and made in one piece to minimise any fiddly seaming, each set will be made up of two complete hearts.

THE PATTERN INCLUDES: Row numbers for each step so you don't lose your place, instructions for making the heart, a list of abbreviations and explanation of some techniques, and a materials list.

TECHNIQUES: All pieces are knitted flat (back and forth) on a pair of straight knitting needles. You will need to cast on and off, knit, purl, work decreases, work a make one increase, and a little seaming to finish.

### YARN, NEEDLES & MATERIALS REQUIRED:

- A pair of straight 3.75mm knitting needles
- Double knitting yarn in pink
- A small amount of toy filling or small pieces of clean soft fabric cuttings.
- A stitch holder

### NOTES

**Finished size:** The finished heart is approximately 6.5cm high x 6.5cm wide.

**Work flat:** All pieces are knitted flat (back and forth) on a pair of straight knitting needles.

**Tension:** The tension is approximately 22 sts x 28 rows for a 10cm x 10cm square in stockinette stitch on 3.75mm needles. Don't worry too much about tension for this pattern.

**Casting on:** Unless otherwise specified, use the long tail cast on for all pieces.

**Sewing seams:** Use mattress stitch to sew the seams.



# ABBREVIATIONS

**DK** Double knitting or light worsted weight yarn

**k** Knit

**k2tog** *Decrease:* knit two stitches together.

**m1** *Increase:* Make one stitch by picking up the horizontal bar between the needles and placing it on the left-hand needle. Knit into the back of this loop.

**p** Purl

## **Pull through to cast off**

Cut the yarn leaving at least a

30cm tail. Thread the tail onto a darning needle and sew through the remaining sts on the knitting needle. Pull the sts off the knitting needle on to the yarn, gather together tightly and secure the yarn.

**rep** Repeat

**RS** Right side

**ssk** *Decrease:* slip the next stitch on the left needle knit-wise, then slip the next stitch on the left needle purl-wise. Take the left needle and knit through the front of the

two slipped stitches on the right needle

**st(s)** Stitch(es)

**WS** Wrong side

**[...]** Repeat the sequence between the square brackets by the number indicated.

**(.. sts)** The number in round brackets at the end of the instruction indicates the number of stitches after working the row.

# KNITTING PATTERNS

## **Love Heart**

*Make 1.* Cast on 6 sts in pink on straight 3.75mm needles. Start at the bottom tip of the heart.

**Row 1:** p (6 sts, WS)

**Row 2:** [k1, m1] x 2, k2, [m1, k1] x 2 (10 sts)

**Row 3:** p (10 sts)

**Row 4:** k2, [m1, k1] x 2, k3, [m1, k1] x 2, k1 (14 sts)

**Row 5:** p (14 sts)

**Row 6:** k3, [m1, k1] x 2, k5, [m1, k1] x 2, k2 (18 sts)

**Row 7:** p (18 sts)

**Row 8:** k4, [m1, k1] x 2, k7, [m1, k1] x 2, k3 (22 sts)

**Row 9:** p (22 sts)

**Row 10:** k5, [m1, k1] x 2, k9, [m1, k1] x 2, k4 (26 sts)

**Row 11:** p (26 sts)

**Row 12:** k6, [m1, k1] x 2, k11, [m1, k1] x 2, k5 (30 sts)

**Row 13:** p (30 sts)

**Row 14:** k7, [m1, k1] x 2, k13, [m1, k1] x 2, k6 (34 sts)

**Row 15:** p (34 sts)

**Row 16:** k (34 sts)

**Row 17:** p17, place the last 17 sts on a stitch holder to hold them to work later (17 sts)

*For rows 18 to 22 work the 17 sts on your knitting needle for the first top piece.*

**Row 18:** k (17 sts, RS)

**Row 19:** p (17 sts, WS)

**Row 20:** k1, k2tog, k3, ssk, k1, k2tog, k3, ssk, k1 (13 sts)

**Row 21:** p (13 sts)

**Row 22:** k1, k2tog, k1, ssk, k1, k2tog, k1, ssk, k1 (9 sts)

Pull through to cast off.

*Now place the held 17 sts on your knitting needle with the WS facing you ready to purl.*

**Row 1:** p (17 sts)

**Rows 2 to 6:** follow the heart pattern rows 18 to 22 (9 sts)

Pull through to cast off.

**Making up:** First sew the side edges of the heart top together (from the cast off sts down to row 17). Then sew the side edges together for the seam that runs down the centre back of the heart, adding stuffing as you sew. Finish by gathering the cast on sts together at the bottom of the heart.

