

Knit HAPPENS

Many seniors knitted or crocheted through the years and may just need a little bit of help and encouragement to get started again. If they haven't knitted or crocheted before, learning a new skill stimulates the brain helping to keep it sharp.

Knitting and crochet are good for fine motor skills including eye-hand coordination and finger dexterity keeping fingers nimble and limber. These activities are great exercise for the hands.

Whether your client is making a pair of mittens, a blanket for a baby or just knitting or crocheting without an end project in mind (which is totally ok!), these activities will keep your client's hands busy while relaxing their minds.

Knitting and crochet have a naturally calming effect. Like coloring, engaging in a repetitive activity provides a distraction for the mind by focusing on the actions of your hands without needing to really think about what you are doing or any troubles you may be experiencing. This can help release physical tension and reduce feelings of anxiety.

So, help your client find an item they would like to create through the links below and gather the supplies they need to get started. Pick up a ball of yarn and get those fingers working. Craft activities that result in tangible, useful items can enhance your client's self-esteem and confidence. The possible creations are endless, and the rewards are plentiful!



Remember to get an online coupon when purchasing yarn and needles at Michaels or Joann Fabrics.

A MOMENT IN TIME:

LET'S LEARN, LAUGH, PLAY AND PRAY!™

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WHAT IS EASIER TO DO - KNIT OR CROCHET?

Crochet uses a single hook to hook the loops together. It is this major difference that makes crochet much easier to work with than knitting. For beginners open to both, we suggest crochet. You may want to try hand knitting with no needles!



DONATE YOUR CREATIONS!

Appeal to your client's sense of purpose and community and suggest they donate their creations to either the local VA or Birthright locations. Call the facility ahead and you can bring them together as an outing.

Your client will be making a difference in another's life making them feel useful, connected to others and not alone, and a part of something greater than themselves.

PRAY OVER THE ITEM

If your client is a person of faith, suggest they pray over the item as they are making it to implore God's blessings on the recipient.



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BALLING YARN

If your client can no longer knit or crochet anymore due to arthritic hands and/or memory issues, they can always ball yarn. They may need some help getting started and may count on you to get "the ball rolling!"



*Erin K.,
Croton-on-Hudson, NY*



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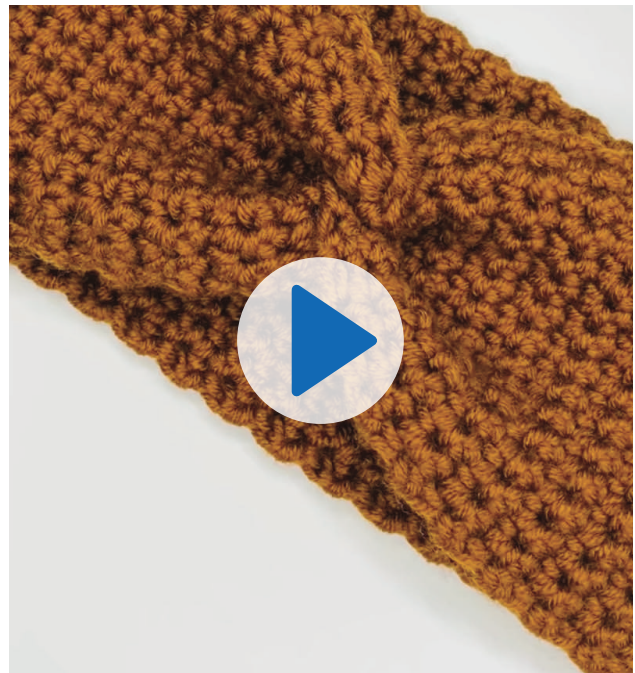
CROCHET



HOW TO CROCHET FOR ABSOLUTE BEGINNERS

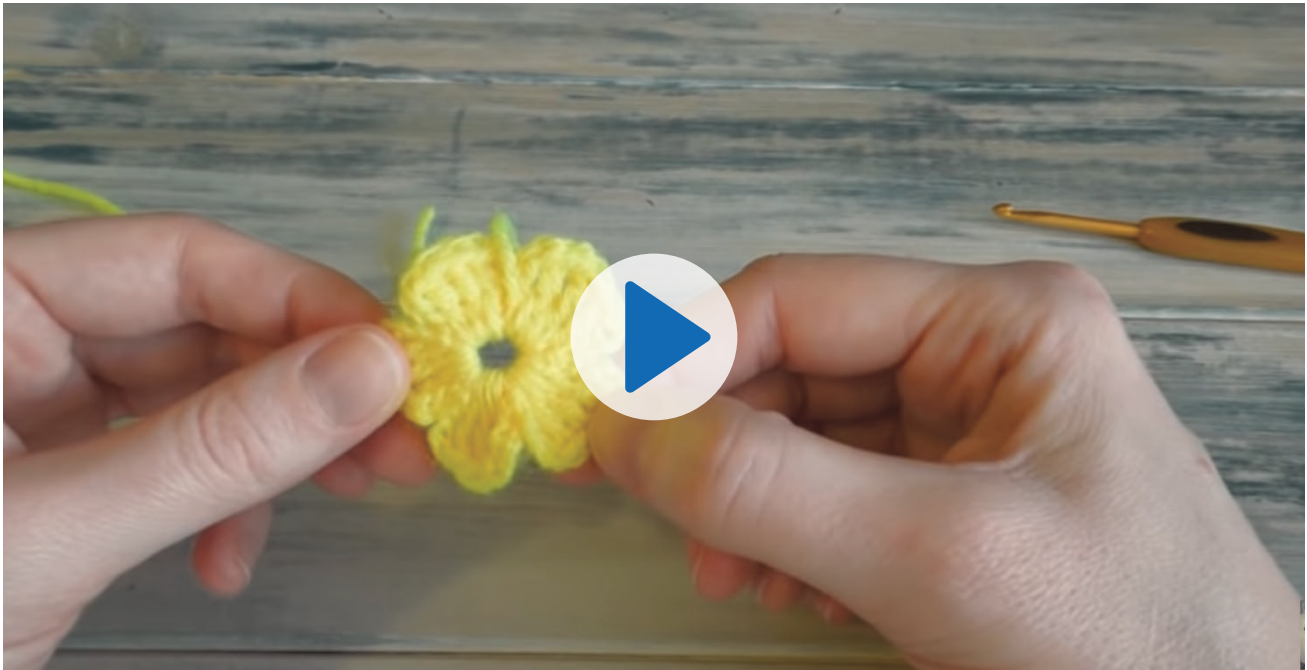


HOW TO CROCHET A HAT

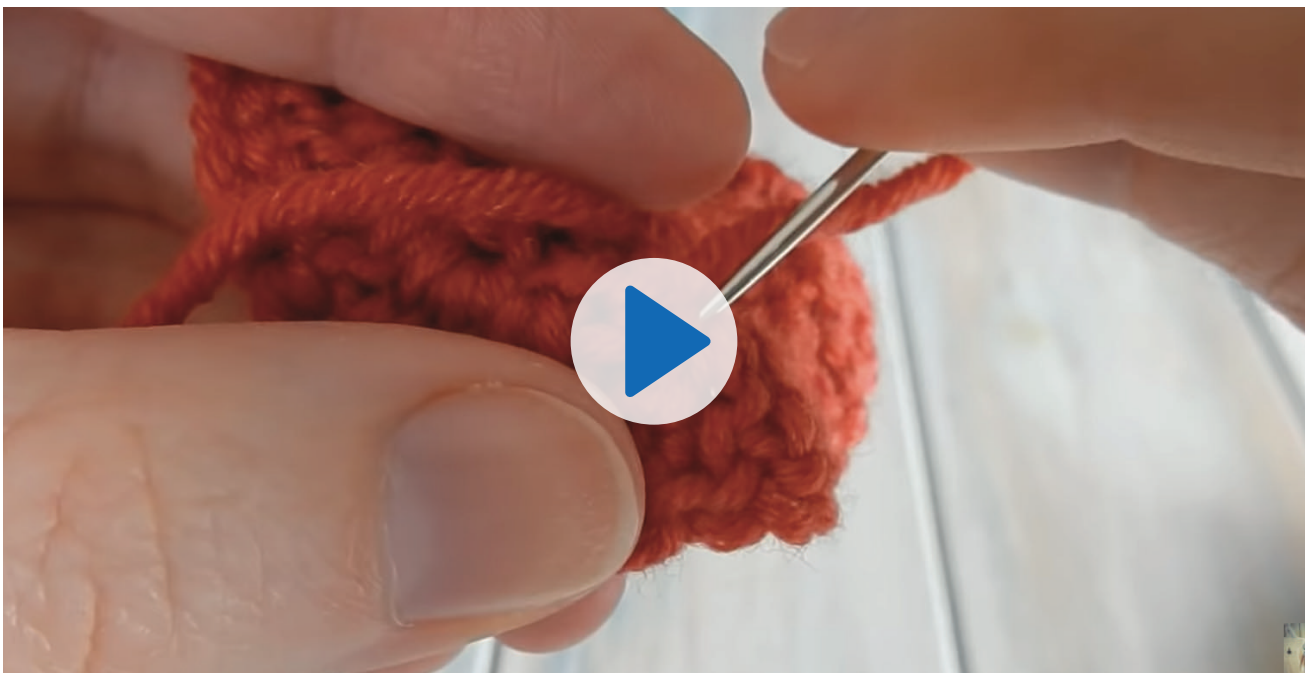


HOW TO CROCHET A
HEADBAND

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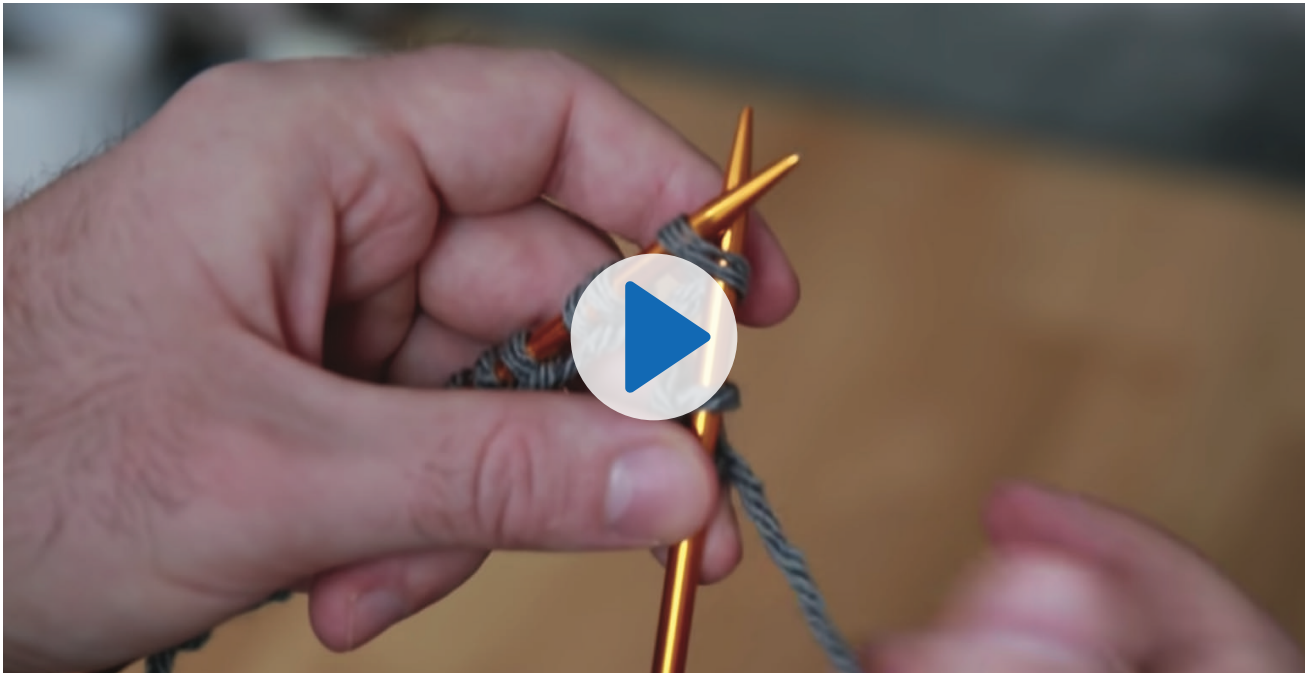
HOW TO CROCHET A SIMPLE FLOWER



HOW TO CROCHET A HEART

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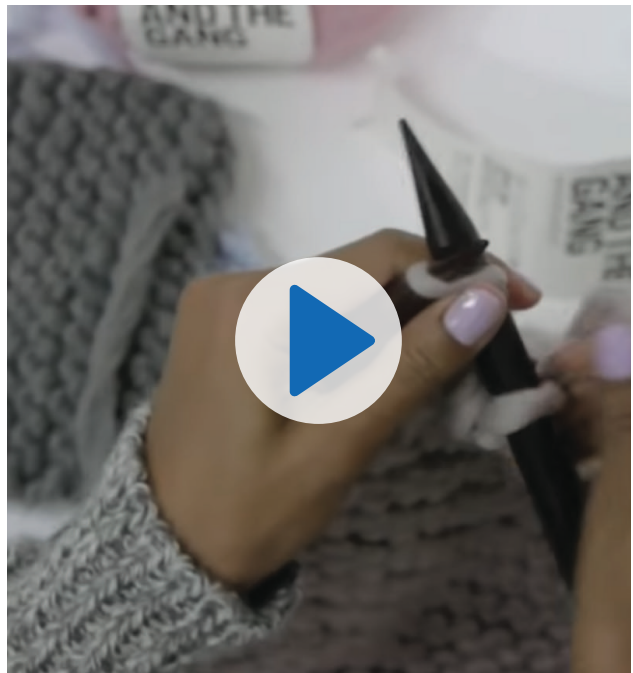
KNITTING



HOW TO KNIT FOR BEGINNERS



HOW TO KNIT MITTENS



HOW TO KNIT A BLANKET

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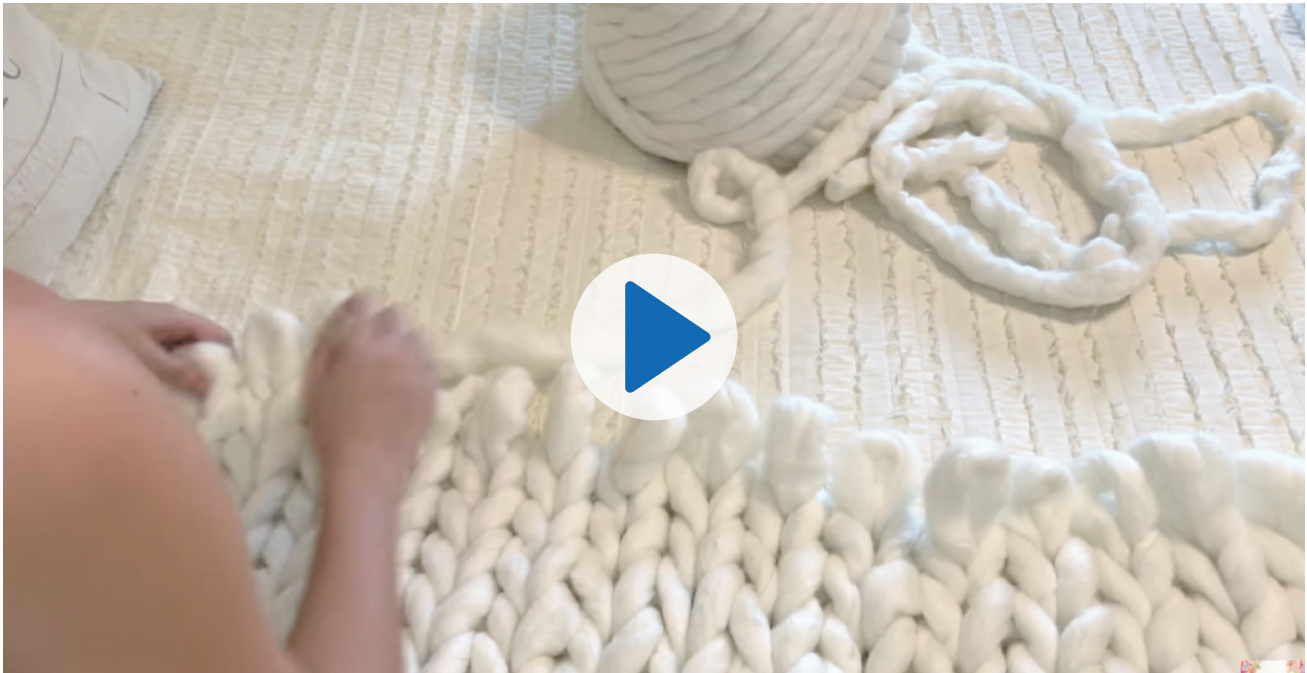
HOW TO KNIT A HAT



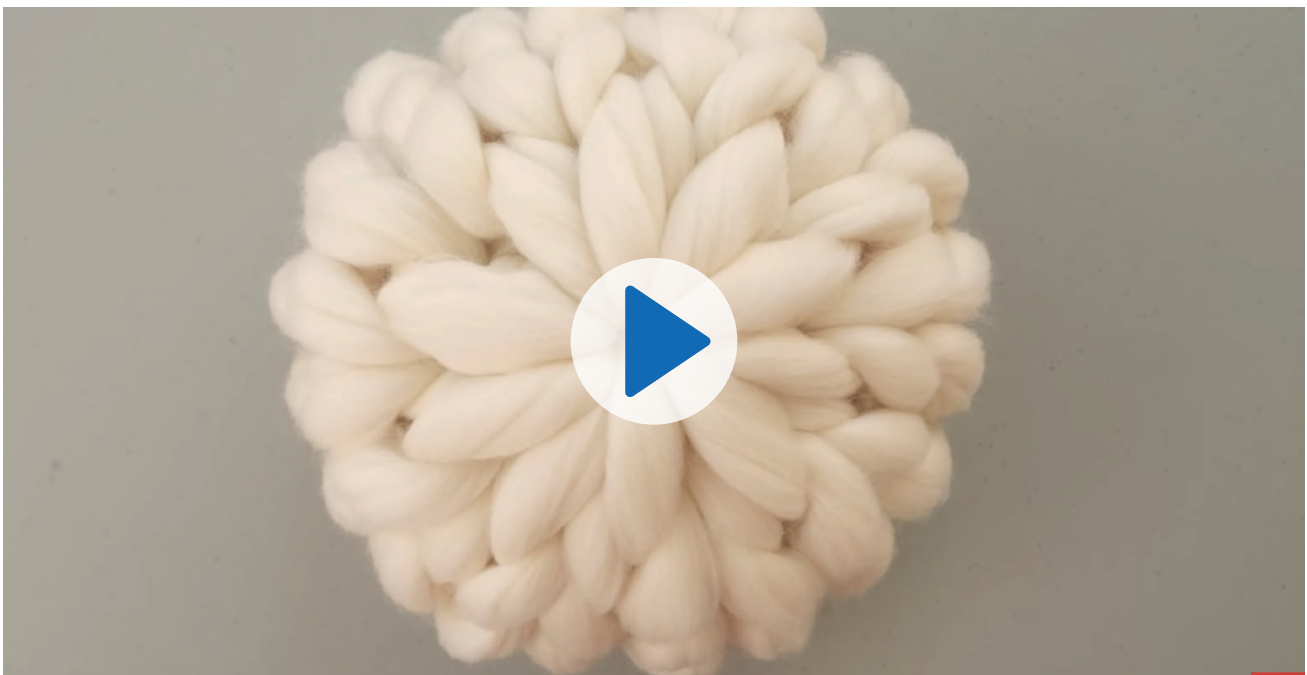
HOW TO KNIT A SCARF

KNIT HAPPENS

HAND KNITTING – NO NEEDLES!



HOW TO HAND KNIT A CHUNKY BLANKET



HOW TO HAND KNIT A MERINO WOOL PILLOW