

# Twist Headband

This technique works best on wider headbands. We suggest using a headband that is 5 – 8 pegs wide.

**1** Thread your darning needle with 12 inches (30.5 cm) of yarn. Knot the end to secure.

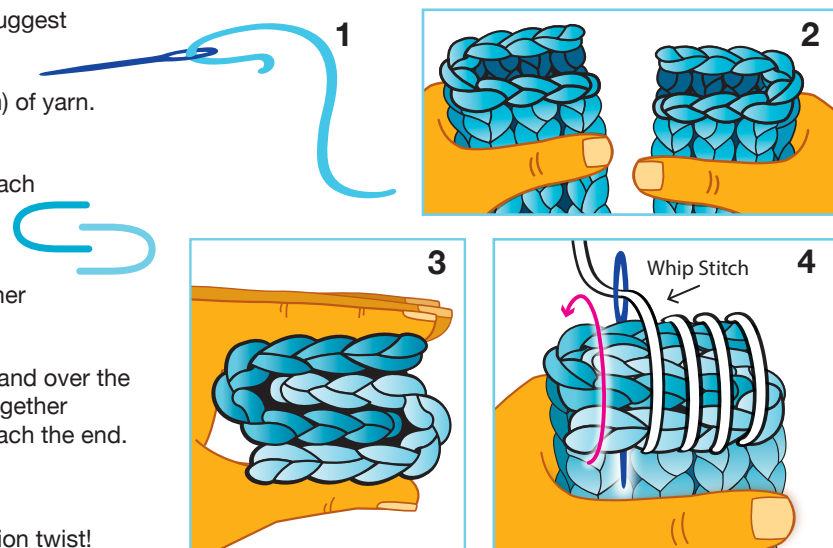
**2** Fold your headband in half lengthwise, then grab each end as shown in figure 2. The ends of the headband should look like 2 letter C's facing each other.

**3** Interlock each fold so all 4 layers are stacked together as shown. Squeeze the folds to keep them secure.

**4** Take your darning needle and sew a whip stitch up and over the ends as shown in figure 4. Keep your stitches close together making sure you have captured all 4 layers until you reach the end.

**5** Securely knot the yarn and trim off any extra.

Now turn your headband inside out to reveal your fashion twist!

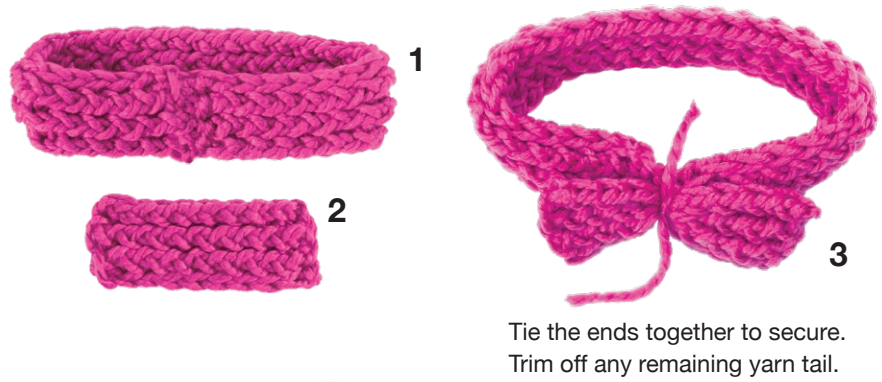


# Bow Headband

**1** Create a 4 peg headband. Use the darning needle and yarn to sew the ends together.

**2** To make the bow, knit a 4 inch long section using 4 pegs. Cast off, knot and trim any ends.

**3** Cut a 12 inch (30.5 cm) piece of tying yarn. Place the bow on the seam of your headband. Tightly wrap and cinch the tying yarn around the center of the bow and headband several times.



Tie the ends together to secure. Trim off any remaining yarn tail.

# Fun Extras

**Made with Love!** Attach the embroidered tag to your favorite project. Use your darning needle, and about 18" of yarn to secure. Knot the ends and trim any extra yarn.

**Gift Tags** – Use the tags included to give a handmade gift to someone special.



**Washing Instructions** – Hand wash your headbands with mild soap and cool water. Rinse and lay flat to dry.

Your high quality tools can be used again and again. Once you have completed your project, you can find a variety of Lion Brand Yarn at your favorite craft store or online. Visit [www.LionBrand.com](http://www.LionBrand.com)

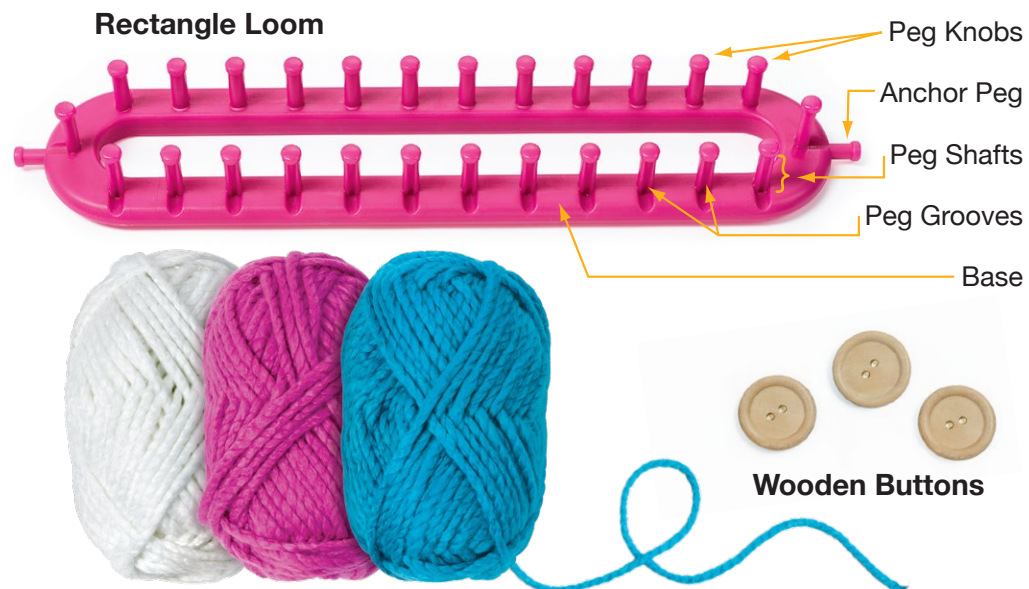
# QUICK KNIT Headbands

Learning a new skill takes time and patience. Younger crafters may need a little help and encouragement along the way. Before you begin, review the instructions and pictures carefully. You can also follow our helpful tutorial video located here:

[Youtube.com/user/LionBrandYarn](https://www.youtube.com/user/LionBrandYarn) or [Youtube.com/JustAddImagination](https://www.youtube.com/JustAddImagination)

You will need a pair of scissors, a small piece of cardboard and a tape measure to complete this activity. You can also use our helpful measuring guide printed on the inside top and bottom of these instructions.

## Getting to Know Your Supplies



**Acrylic Yarn** Due to the unique dyeing process, yarn colors may vary.



## Getting Started

You will be using a technique called the "Figure 8" weave. Watching the video will be very helpful for this step. [Youtube.com/user/LionBrandYarn](https://www.youtube.com/user/LionBrandYarn) or [Youtube.com/JustAddImagination](https://www.youtube.com/JustAddImagination)

Your kit includes enough yarn to make a variety of headbands. If you make thinner headbands, each ball of yarn can make at least two. If you make wider "ear warmers", each ball of yarn can make one. Depending on how many pegs you use will determine how thin or thick your headbands will be.

For the ear warmer, you will use 8 pegs on each side of the loom (16 pegs total); for a headband, you will use 4 pegs on each side of the loom (8 pegs total). If you want a thinner ear-warmer or headband, just use fewer pegs- it's all up to you!

Once you learn how to use your loom, you can make projects for all your friends and family members. Use the helpful measuring guide for approximate measurements.

Age	Head Circumference	Headband Size
Newborn	13"-14" (33 - 35.5 cm)	12" (30.5 cm)
0-6 months	14"-17" (35.5 - 43 cm)	13" (33 cm)
6-12 months	16"-19" (40.5 - 48 cm)	14" (35.5 cm)
1-3 Years	18"-20" (46 - 51 cm)	15"-17" (38 - 43 cm)
3-12 Years	20"-22" (51 - 56 cm)	17"-18" (43 - 46 cm)
Teen/Adult	22"-24" (56 - 61 cm)	18"-20" (46 - 51 cm)



In partnership with Lion Brand® Yarns



### Need Help?

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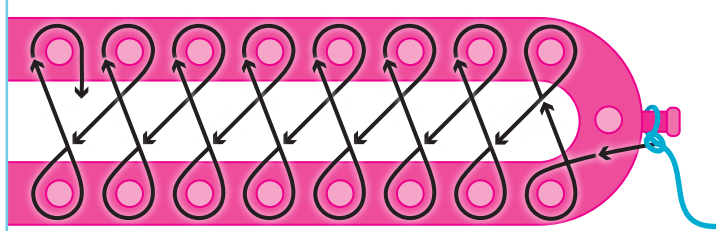
# Knit Your Headbands

Watching the video will be very helpful. [Youtube.com/user/LionBrandYarn](https://www.youtube.com/user/LionBrandYarn) or [Youtube.com/JustAddImagination](https://www.youtube.com/JustAddImagination)

**1** Tie your yarn on the anchor peg, leaving a 2 inch (5 cm) tail. You will weave this tail in later.

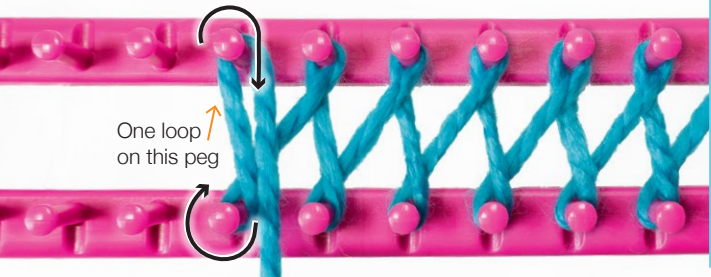


**2** Wrap the yarn around the pegs in a figure 8 pattern as shown until you reach the desired width of your headband.

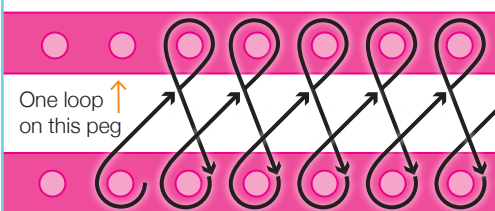


Notice this pattern uses 8 pegs which will make an ear warmer.

**3** Once you reach your end peg you will wrap it a little differently. This will be the only peg with one loop.



**4** Continue wrapping the pegs in the opposite direction, tracing the loops with the same figure 8 pattern.

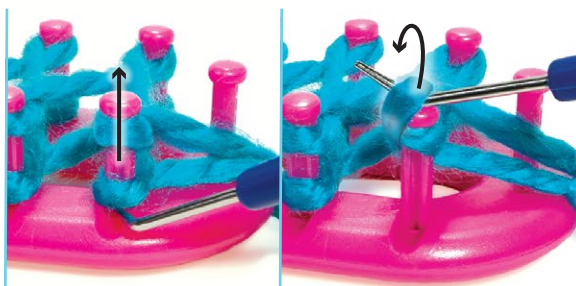


**5** When you reach the end, you will have 2 loops on all wrapped pegs except one. Wrap your working yarn around the anchor peg a few times to secure it.



**6** Starting with the last wrapped peg, slide your knitting hook along the groove. Hook the bottom loop and pull it over the top loop and peg as shown. Release the yarn from your hook.

Continue to hook the loops on your loom until each peg has only one loop left. Congratulations, you've just knit your first row! Push the yarn down onto the pegs.



**7** To continue knitting, wrap the pegs only once this time skipping the first peg (that peg will only have one loop). Trace the loops until you reach your end peg. You will have 2 loops on all wrapped pegs except one. Wrap your working yarn around a nearby open peg a few times to secure it.



Follow **step 6**, hooking the bottom loops over the top loops. Continue the single wrap and hook process remembering to skip the first peg leaving only one loop.

**8** After knitting a few rows, remove the knot and tail from the anchor peg. Pull the piece through the center of the loom. You will use your darning needle to weave that into your piece later.

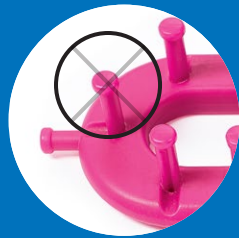


**9** Use a tape measure or the printed measuring guide as you go. When you reach the desired length, cut your yarn so you have 12 inches (30.5 cm) of working yarn remaining. Now it's time to cast off.

## PRO-TIPS



- Ignore the 2 pegs on the short ends of the loom circled below. You won't use them to make your headband.



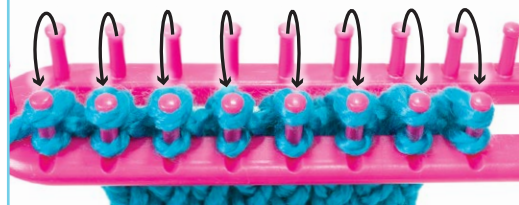
- Experiment with the way you hold the loom to find the position that's most comfortable for you.

- As you wrap, keep tension on the yarn so it does not slip off the loom.

- As you knit, pull down on the center of your project. This helps tighten your stitches and makes the figure 8 pattern on your loom easier to see.

# Casting Off

**1** Remove each loop from one side of your loom and place it on the matching peg on the opposite side. Your loom should look like this.



**2** Using your hook, pull the bottom loops up and over each peg leaving one loop on each peg.

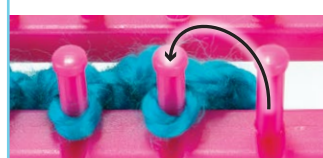


**3** Start at the end opposite of your 12 inch (31 cm) tail. Place the second loop over the first loop. The end peg will now have 2 loops.



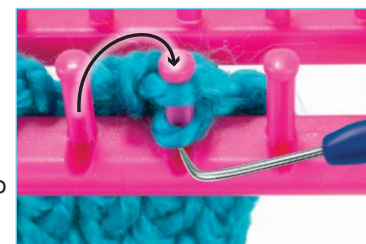
Use your hook to pull the bottom loop up and over.

**4** Take that single loop on the end peg, and move it to the empty second peg.



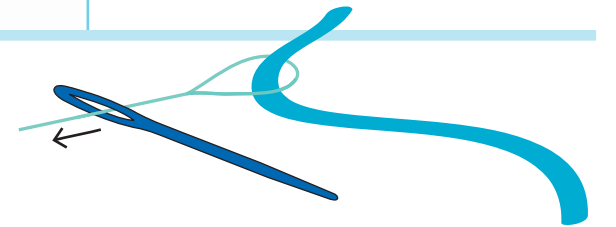
**5** Move the loop from peg 3 over to the second peg giving it 2 loops.

Use your hook to pull the bottom loop up and over.



**6** Continue down the loom following this pattern until you have cast off the last peg. Take your yarn tail and pull it through the remaining loop. Remove it from the loom, pulling the yarn to tighten.

**7** Use the needle threader to thread your darning needle with the remaining yarn and weave it through the bottom of your piece, going in and out of the stitches to hide your tails. Use your scissors to trim any extra yarn.



# Button Headband

**1** Thread your darning needle with the yarn and knot the end.

**2** Position your buttons as shown. For a wide ear warmer use two buttons, for a thinner headband use one.

**3** Pass the needle and yarn through the button holes 2-3 times until secure. Knot the end and trim off any excess yarn.



**4** Push the buttons through the weave on the opposite end of your headband to secure. Adjust the fit by buttoning closer or further away from the end.

# Pompoms

**1** Cut a 12" (30.5 cm) piece of yarn and set it aside.

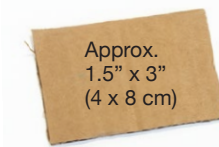
**2** Cut a piece of cardboard to about 1.5" x 3" (4 x 8 cm).

**3** Wrap yarn snugly around the cardboard 35 times. Trim the yarn when you get to the end.

**4** Holding securely, pull the 12" (30.5 cm) yarn through the center of your bundle loops. Tie it very tightly around the center of your bundle several times to secure. *If you do not tie this piece tightly your pompom will be loose and fall apart.*

**5** In the center of your bundle, on the opposite side of the knot, use your scissors to cut through the loops. Leave the knot ties long.

**6** Thread the long ties through the darning needle and attach the pompom to your headband. Knot the yarn to secure it.



## PRO-TIPS



One end of your headband will look looser than the other. Secure the buttons on the looser end. This end will be covered once the headband is buttoned.

Gently untwist each piece of yarn in your pompom. This will make them full and fluffy. *Be careful not to pull the yarn strands through the center tie.*

Use your scissors to trim and shape your pompom. Trim it shorter if you want a smaller pompom.

Rub the pompom between your hands to make it extra fuzzy.

To make a tighter smaller pompom, carefully slide the loops off of the cardboard. Wrap the yarn around the center of the yarn bundle. Cut the loops on each end. Untwist the yarn, fluff and trim as desired.