



CROCHET | SKILL LEVEL: **BEGINNER**

### MATERIALS

**Bernat® Blanket™** (10.5 oz/300 g; 220 yds/201 m)

**Main Color (MC)** Vintage White (10006) **2 balls or 390 yds/355 m**

**Bernat® Blanket™ Brights** (10.5 oz/300 g; 220 yds/201 m)

**Contrast A** Pixie Pink (12008) **1 ball or 180 yds/164 m**

**Contrast B** Carrot Orange (12002) **1 ball or 132 yds/120 m**

**Contrast C** Bright Lime (12041) **1 balls or 132 yds/120 m**

**Contrast D** School Bus Yellow (12040) **1 ball or 194 yds/177 m**

**Bernat® Baby Blanket™** (10.5 oz/300 g; 220 yds/201 m)

**Contrast E** Baby Teal (04734) **1 ball or 180 yds/164 m**

**Contrast F** Baby Lilac (04310) **1 ball or 94 yds/86 m**

**Note:** Each stripe (3 rows) of mood color = approx 33 yds/30 m.

### MOODS & COLORS

**Note:** Choose your moods and the yarn colors they represent as you wish. We were inspired by the film "Inside Out" and have chosen colors to reflect the characters in the film, but we encourage you to choose any shades to represent moods of your choice from the wonderful shade range of Bernat® Blanket™ and Bernat® Baby Blanket™ yarns.

#### Our Photo Sample Blanket Mood Plan:

**Note:** Sample Blanket Plan is based on 4 weeks to complete the Blanket, working 4 rows per day for a total of 112 rows (+1 foundation row).

**Contrast A** Pixie Pink = Embarrassment

**Contrast B** Carrot Orange = Anxiety

**Contrast C** Bright Lime = Disgust

**Contrast D** School Bus Yellow = Joy

**Contrast E** Baby Teal = Envy

**Contrast F** Baby Lilac = Ennui/Boredom

### ABBREVIATIONS

**Approx** =  
Approximately

**Beg** = Begin(ning)

**Ch** = Chain(s)

**Rem** = Remaining

**Rep** = Repeat

**Sc** = Single crochet

**Sp(s)** = Space(s)

**St(s)** = Stitch(es)

**Tog** = Together

**Yoh** = Yarn over hook

## MATERIALS

Size U.S. L/11 (8 mm) Susan Bates® crochet hook **or size needed to obtain gauge.** Susan Bates® yarn needle.

## MEASUREMENTS

Approximately (Approx) 48" [122 cm] x 56" [142 cm].

**Based on 4 weeks:** 4 rows worked per day over 28 days = 112 rows (+ 1 foundation row).

## GAUGE

10 stitches (sts) and 8 rows = 4" [10 cm] in Moss Stitch (st) Pattern (pat).

## INSTRUCTIONS

### **Notes:**

- This pattern is a basic 'recipe' for a personal Mood Blanket.
- Every Blanket will be unique based on the stitcher's moods each day.
- The plan is based on 4 weeks to complete the Blanket, working 4 rows per day for a total of 112 rows (+1 foundation row).
- Before beginning your Blanket, assign moods of the day to each color used.

- Each day will be worked using 1 color over 3 rows to reflect the dominant mood of your day, followed by 1 single row of MC (Vintage White).
- To join new color, work to last 2 loops on hook of previous color. Yarn over hook (yoh) with new color, draw through remaining (rem) loops and proceed with new color.
- Blanket worked over foundation ch multiple of 2 ch.

**PHOTO SAMPLE BLANKET** (color plan for photo sample shown)

With MC, chain (ch) 122.

**Foundation row:** [Right Side (RS)]. 1 single crochet (sc) in 2nd ch from hook . \*Ch 1. Skip next ch. 1 sc in next ch. Repeat (Rep) from \* to end of chain. Turn. 121 sts.

**Note:** See diagram on page 3.

Proceed in Moss St Pat as follows:

**1st row:** Join C, ch 1. 1 sc in first sc. \*1 sc in next ch-1 space (sp). Ch 1. Skip next sc. Rep from \* to last 2 sts. 1 sc in next ch-1 sp. 1 sc in last sc. Turn.

**2nd row:** Ch 1. 1 sc in first sc. \*Ch 1. Skip next sc. 1 sc in next ch-1 sp. Rep from \* to last 2 sts. Ch 1. Skip next sc. 1 sc in last sc. Turn.

**3rd row:** As 1st row.

**4th row:** Join MC. As 2nd row. One Day (or Stripe) Complete.

Rep last 4 rows in this order, **always using MC for every 4th row** as established:

**5th to 8th rows:** D

**9th to 12th rows:** D

**13th to 16th rows:** A

**17th to 20th rows:** B

**21st to 24th rows:** E

**24th to 28th rows:** E

**29th to 32nd rows:** F

**33rd to 36th rows:** E

**37th to 40th rows:** D

**41st to 44th rows:** B

**45th to 48th rows:** A

**49th to 52nd rows:** D

**53rd to 56th rows:** F

**57th to 60th rows:** D

**61st to 64th rows:** B

**65th to 68th rows:** C

**69th to 72nd rows:** A

**73rd to 76th rows:** C

**77th to 80th rows:** A

**81st to 84th rows:** E

**85th to 88th rows:** F

**89th to 92nd rows:** E

**93rd to 96th rows:** A

**97th to 100th rows:** B

**101st to 104th rows:** C

**105th to 108th rows:** E

**109th to 112th rows:** D

Fasten off.

## **FINISHING**

**Side Edging:** With RS facing, join MC with slip stitch (sl st) in top left corner of Blanket. Work 1 row of sc evenly down side edge. Fasten off. Rep on opposite side.

**Fringe:** Cut strands of MC 10" [25.5 cm] long. Taking 3 strands together (tog), fold in half and knot into fringe through every ch-1 sp along top and bottom edges. Trim fringe evenly.

## **PERSONALIZED BLANKET**

(based on your personal color choices and daily moods)

With MC, chain (ch) 122.

**Foundation row:** [Right Side (RS)]. 1 single crochet (sc) in 2nd ch from hook . \*Ch 1. Skip next ch. 1 sc in next ch. Rep from \* to end of chain. Turn. 121 sts.

Begin choosing shades of your choice to reflect mood:

Proceed in Moss St Pat as follows:

**1st row:** Join 'Mood Color' ch 1. 1 sc in first sc. \*1 sc in next ch-1 space (sp). Ch 1. Skip next sc. Rep from \* to last 2 sts. 1 sc in next ch-1 sp. 1 sc in last sc. Turn.

**2nd row:** Ch 1. 1 sc in first sc. \* Ch 1. Skip next sc. 1 sc in next ch-1 sp. Rep from \* to last 2 sts. Ch 1. Skip next sc. 1 sc in last sc. Turn.

**3rd row:** As 1st row.

**4th row:** Join MC. As 2nd row.  
One Day Complete.

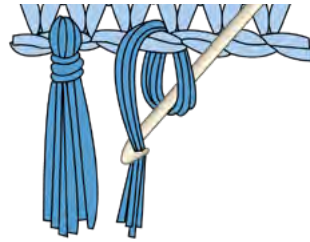
Rep last 4 rows 27 times more (28 days in total), changing Mood Color each day as desired. 113 rows in total have been worked.

Fasten off.

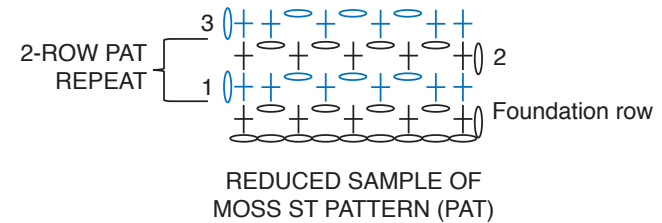
**Side Edging:** With RS facing, join MC with slip stitch (sl st) in top left corner of Blanket. Work 1 row of sc evenly down side edge. Fasten off. Rep on opposite side.

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## Stitch Diagram



## STITCH KEY

○ = chain (ch)

⊕ = single crochet (sc)