



KNIT
SKILL LEVEL
EASY

Designed by Red Heart Design Team

What you will need:

Red Heart® Stellar™, 1 ball of
9949 Star

Yarn needle (optional)

GAUGE: Gauge is not important for
this project.



RED HEART® Stellar™,
Art 811 available in
4 oz (113 g) 90 yd
(82 m) balls



Arm-Knit Stellar Cowl

*This easy-to-do technique lets you knit a
cowl (or two) while watching a movie! Bulky
yarn and using your arms as needles make
for a fun way to knit!*

Circumference of cowl is approximately 70",
depending on size of stitches

COWL

Make a large slip knot 3 yards from the end of
the ball. Slide it onto your right arm.

Cast On Row: Hold the working yarn (from the
ball) and the tail in your left hand as if doing
a regular long-tail cast-on, Photo A. The tail is
in front (around your thumb) and the working
yarn is in the back (around your index finger).



Photo A

Move your right hand under the front strand,
Photo B, over the back strand, and under the
front strand again to form a stitch; place stitch
on right arm.



Photo B

Repeat 10 more times until you have 12 cast
on stitches on right arm, making sure that
they are not too snug on your arm, Photo C.



Photo C

Row 1: Hold the working yarn in your right
hand. With your left hand, pull the stitch at
your right wrist off of your right hand, Photo D.
Take the loop now in your right hand and put
it on your left arm. You have now knit your first
stitch, Photo E.



Photo D



Photo E

Repeat for all stitches on your right arm so
your left arm has 12 stitches and your right
arm has none.

Continued...

SHOP KIT

FINISHING

To keep the ends from coming undone, knot each end around the nearest stitch of the cowl. Use the tails to sew the ends of the cowl together, knot and then cut the excess.

Row 2: Hold the working yarn in your left hand. With your right hand, pull the stitch at your left wrist off of your left hand. Take the loop now in your left hand and put it on your right arm. Repeat for all stitches on your left arm so your right arm has 12 stitches and your left arm has none.

Repeat Rows 1 and 2 until piece is about 70" long and you have at least 3 yards of yarn left for bind off and to sew the ends together.

Bind Off Row: Knit the first two stitches of the row as in previous rows. Drop the yarn from your hand, and pull the first stitch over the second stitch and off of your hand, Photo F. You now have one stitch left on your arm. Knit another stitch, drop the yarn, and pull the second stitch over the third stitch and off of your hand. Continue in this manner until the row is complete and there is one stitch left on your arm. Cut the end from the ball leaving enough yarn to sew ends together. Pull the tail through the final stitch and tighten to secure.



Photo F