



Lesson 1: Intro to Learn to Knit

This cowl may be soft n' squishy, but it's also outlandishly easy. In fact, we've designed it to teach you to learn to knit! We've included 13 lessons that are available for free on our STASH Lounge Youtube Channel, in the [Learn to Knit playlist](#).

- Lesson 1: [Intro to Learn to Knit](#) (bam - done!)
- Lesson 2: [Basic Pattern Reading](#)
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Warning: you will want to knit more than one!

Lesson 2: Basic Pattern Reading

It's important to read through your whole pattern before starting your project! We're going to start off by going through the materials and the terms/abbreviations.

Materials:

- 1 ball of Super Bulky Yarn (approx. 80 meters/97 yards)
We used Lion Brand Wool Ease Thick & Quick
- 12mm (US size 17) straight needles
- Scissors
- Darning needle
- Buttons (2)
- Removable stitch marker
- Smaller straight needle

Want all your supplies in a handy dandy kit? Learn to knit kits are available on our website.

Terms/Abbreviations:

CO - Cast On	St(s) - Stitches	K2Tog - Knit 2 together decrease
K - Knit	RS - Right side	YO - Yarn over increase
P - Purl	WS - Wrong side	BO - Bind off (aka cast off)

Lesson 3: The Long Tail Thumb Cast On

Let's start knitting! CO 16 sts using the long tail method.

Lesson 4: The Knit Stitch

Knit 6 rows in garter stitch. (When knitting on straight needles, this means you will knit every stitch for 6 rows. No purls because we haven't learned them yet!)

Lesson 5: Tracking Your Progress

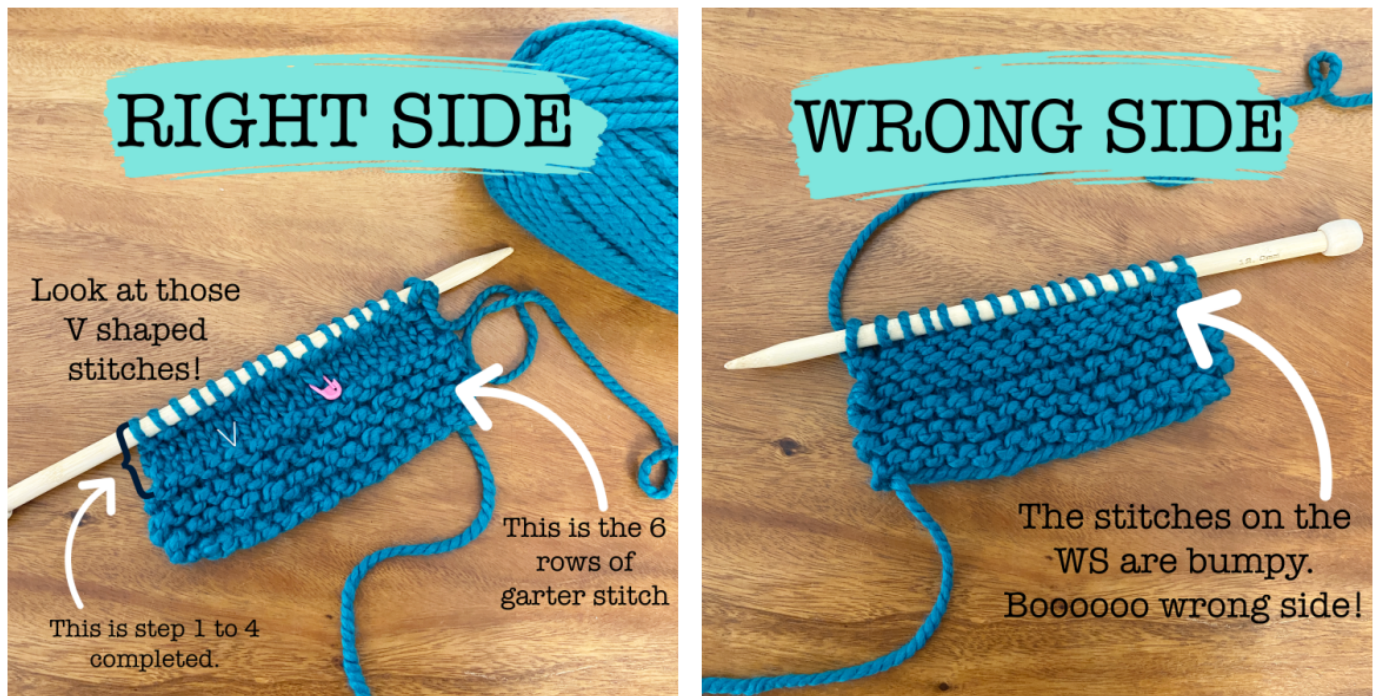
Staying on track is key! Circle a number when each row is complete:

1 2 3 4 5 6

Lesson 6: The Purl Stitch

We will now start our repeating pattern, which includes the purl stitch. The repeating pattern is worked over 4 rows - we've called them steps to make it easier for ya!

Work pattern steps 1 to 4. Then, use your removable stitch marker to mark the right side of the pattern like so:



This is going to make it super duper easy for you to find your place if you get lost.

Repeat pattern steps 1 to 4 for a total of twenty times or until your piece measures 60cm/24 inches from the cast on edge, ending on step 4. We have provided a handy dandy chart on the next page for you to use to keep track of your progress. As you complete a step, check off the completed row.

How do you know that you have completed all 4 steps in a sequence? Step 4 of the pattern is a knit row on the wrong side, which means that when worked, it creates a row of horizontal bumps on the right side of your work.

	Step 1 - Knit Row (RS)	Step 2 - Purl Row (WS)	Step 3 - Knit Row (RS)	Step 4 - Knit Row (WS)
1				
<p>After completing your first repeat, identify the RS of your work and place a removable stitch marker on that side. See our handy photo on page 3 for an example!</p>				
2				
3				
4				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Lesson 7: Tinking

Feel like something went wrong? We've got a video for that. There are a couple ways to help you fix your mistakes. The first one is called tinking - which is knitting backwards, or unknitting. This is a great way to fix a mistake in the same row you're working on.

Lesson 8: Frogging

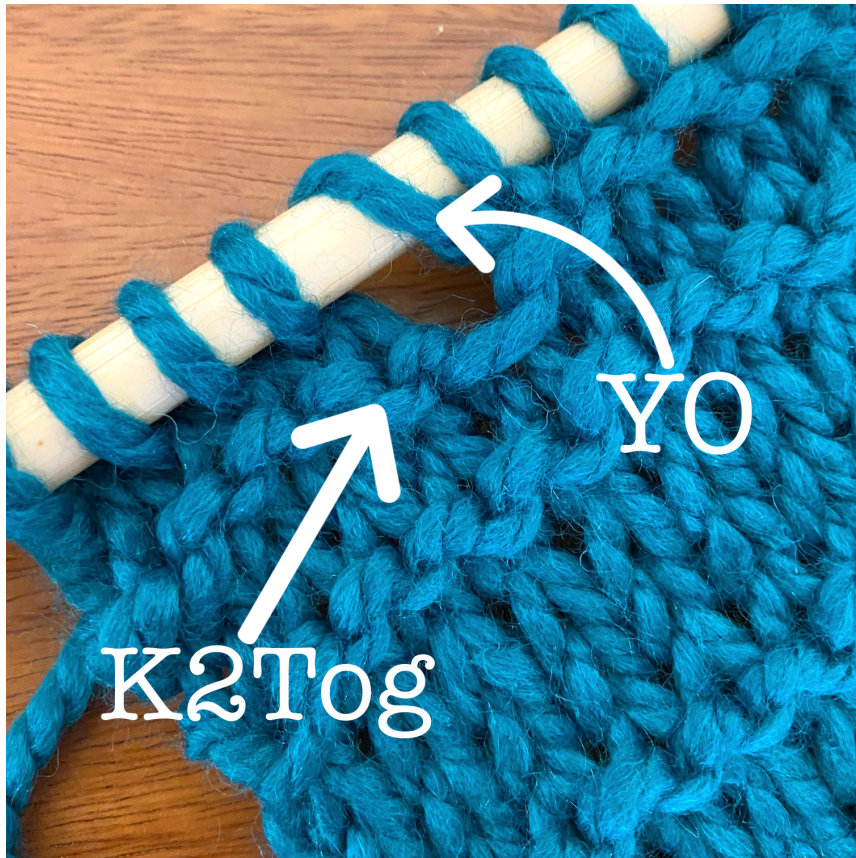
Sometimes, we make a mistake and we just need to rip-it, rip-it, rip-it. That's what knitter's call frogging! Check out our video on frogging to help you.

Lesson 9: Buttonholes - Yarnovers & K2Togs

Step 1: Knit 3 rows

Step 2: Knit 3 sts, K2Tog, YO, K6 sts, YO, K2Tog, K3 sts

This is what your row should look like after step 2:



Step 3: Knit 4 rows

Lesson 10: Casting/Binding Off

The terms "bind off" and "cast off" are used interchangeably. Bind off all stitches. Break yarn, leaving a 25cm/10 inch tail to weave in later.

Lesson 11: Weaving in Ends

Lesson 12: Sewing on Buttons

Weave in those ends, sew on those buttons, and BAM! That's the sound of you nailing your first knitting project.

Lesson 13: Outro to Learn to Knit

Thanks for learning to knit with STASH! We love teaching, and we hope you enjoyed learning with us. We love seeing your finished projects and connecting with you on social media. Share your work on Instagram with the hashtag **#KnitWithSTASH**

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