

2019 Random Acts of Kindness Knitted Heart Pattern



Supplies needed:

- At least 5 grams of yarn (any yarn in your stash is fine!)
- Set of five double-pointed needles in size appropriate for yarn; because the heart is stuffed, your gauge should be fairly dense
- Tapestry needle
- Stuffing

Sample hearts are made with 5 grams of sport-weight yarn on #4 DPNs and 10 grams of worsted-weight yarn on #7 DPNs. Heart is knitted seamlessly in the round.

Cast on 4 sts and divide evenly on 2 DPNs.

Row 1 and every odd row through Row 15: knit around.

Row 2 and every even row through Row 16: k1, kf&b, k to last 2 sts, **kb&f**, k.

After completing 16 rows/rounds, you should have 18 sts on each of your two DPNs (36 sts total). Divide these sts evenly over 4 DPNs (9 sts per needle).

Rows 18 - 20: knit around.

You will now knit the top of each heart separately. The first side of the heart will be knit using the 1st and 4th needles, and the second side will be knit using the 2nd and 3rd needles.

Row 21: k9 from first needle, turn, k9 from 4th needle. Continue working through Row 26 on these two needles only.

Rows 22 - 23: knit around.

Rows 24 - 26: ssk, knit to last 2 sts, ktog.

After Row 26, 3 sts remain on each needle. Graft these sts together using kitchener stitch.

Repeat Rows 21 - 26 and grafting for second side of heart.

Stuff heart with filling. Sew top of heart closed with mattress stitch using tails from kitchener stitch closures. Secure tails on outside of heart using duplicate stitch and pull through to bury inside of heart with tapestry needle.

Northfield Yarn

