

BHI Yarnstorm Example Patterns

Thank you so much for helping with our Bristol Heart Institute Yarnbomb.

Below are example patterns for knitted and crocheted hearts, but these are only examples so please feel free to be as creative as you like!

There is no colour theme—we just want it to be as bright and beautiful as possible! The only criteria we have is that they are hearts and are approximately 4-5 inches in size.

If you are looking for some inspiration of how to decorate your hearts have a look at Attic 24's Creative Hearts blog post—they are absolutely beautiful (<http://attic24.typepad.com/weblog/2017/08/creative-hearts.html>)

Please drop completed hearts in to our fundraising hub between W H Smiths and M & S in the BRI or send in to Above & Beyond, Abbott's House, Blackfriars, Bristol, BS1 2NZ

Happy Crafting!

Example Crochet Pattern

What you'll need:

DK yarn
3.5-4.5 mm crochet hook
20cm of cord, yarn or ribbon

Crochet Pattern Abbreviations:

rnd, round; ch, chain; st, stitch; ss, slip stitch;
dc, double crochet; tr, treble crochet;
htr, half treble crochet

How to crochet the heart:

ch 3, close ring with ss and ch 2 to start row with.

Rnd1: 11 tr in ring, ss to 2nd ch

Rnd 2: ch 2, 2 tr in next 11 stitches, ss to 2nd ch

Rnd 3: ch 2, (2 tr in next st, 1 tr in next stitch) repeat 11 times, 2 tr in next stitch, ss to 2nd ch

Rnd 4: 1 dc in first st, 1 htr in next st, 1 tr in same st, 2 tr in next 5 st, 1 tr in next 2 st, 1 htr in next 2 st, 1 dc in next 4 st, 1 htr in next st, 1 tr in next st, 3 tr in next st, 1 tr in next st, 1 htr in next st, 1 dc in next 4 st, 1 htr in next 2 st, 1 tr in next 2 st, 2 tr in next 5 st, 1 tr in next st, 1 htr in same st, 1dc in next st, ss to 2nd ch

Rnd 5: ss in first st, dc in next st, 1 htr in next st, 1 htr in next st, 1 tr in same st, 2 tr in next 6 st, 1 tr in next 3 st, 1 htr in next 2 st, 1 dc in next 9 st, 3 dc in next st, 1 dc in next 9 st, 1 htr in next 2 st, 1 tr in next 3 st, 2 tr in next 6 st, 1 tr in next st, 1 htr in same st, 1 htr in next st, 1 dc in next st, ss in next st and close with ss.

With a darning needle, weave in loose ends of yarn.

With the cord, yarn or ribbon make a hanging loop at the centre of the heart.



Example Knitting Pattern

What you'll need:

Small amount of DK yarn
4mm knitting needles
20cm of cord, yarn or ribbon

Knitting Pattern Abbreviations:

K, knit; st, stitch; tog, together; k2togb, k2tog through back of stitches

How to knit the heart:

Cast on 2 sts.

Rows 1 & 2: Knit (2 sts)

Row 3: K twice into each st (front and back of each st.) (4 sts)

Rows 4 & 5: Knit

Row 6: K twice in first st, k to last 2 sts, k twice in next st, k1 (6 sts)

Rows 7 to 24: Repeat rows 4, 5 & 6, six times more (18 sts)

Rows 25 to 34: Knit

Row 35: K9, turn and work on these sts only (9 sts)

Row 36: K1, k2togb, k6 (8 sts)

Row 37: Knit (8 sts)

Row 38: K1, k2togb, k2, k2tog, k1 (6 sts)

Row 39: Knit (6 sts)

Row 40: K1, k2togb, k2tog, k1 (4 sts)

Cast off these 4 stitches.

Rejoin yarn at inside edge to remaining 9 sts and k to end.

Next row: K6, k2tog, k1 (8 sts)

Next row: Knit (8 sts)

Next row: K1, k2togb, k2, k2tog, k1 (6 sts)

Next row: K1 row (6 sts)

Next row: K1, k2togb, k2tog, k1 (4 sts)

Cast off these 4 stitches.

With a darning needle, weave in loose ends of yarn.

With the cord, yarn or ribbon make a hanging loop at the centre of the heart.

