

# Heart Knitting Pattern

By Mhari Barnes



I've designed this pattern in response to the [NHS's campaign for hearts](#). One heart stays with the patients the other is sent to the family who can't visit them during this crisis. This way they can still be connected even when they are apart.

## Abbreviations:

Sts – Stitches

R1 - Row 1

K – knit

P - purl

K1,M1 – Knit 1 and make 1 (increase)  
knit twice into the same stitch.

K2tog – Knit two stitches together  
(decrease)

SSK – Slip Slip Knit (decrease)

**Materials:** 4mm Knitting Needles, Aran Weight Yarn, Scissors, darning needle, [Stitch holder](#), [toy stuffing](#).

I have used [Stylecraft Aran Life](#) in Sea Green and [KnitPro Zing 4mm](#) needles.

I have made a [start-to-finish video tutorial](#) to help available on my YouTube [channel](#).

To begin, cast on 6 sts.

R1: Purl to end.

R2: (K1,M1)x2, K3, (K1,M1)x2 (10 sts).

R3: P to end.

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R4: K2, (K1,M1)x2, K3, (K1,M1)x2, K1 (14 sts).

R5: P to end.

R6: K3, (K1,M1)x2, K5, (K1,M1)x2, K2 (18 sts).

R7: P to end.

R8: K4, (K1,M1)x2, K7, (K1,M1)x2, K3 (22 sts).

R9: P to end.

R10: K5, (K1,M1)x2, K9, (K1,M1)x2, K4 (26 sts).

R11: P to end.

R12: K6, (K1,M1)x2, K11, (K1,M1)x2, K5 (30 sts).

R13: P to end.

R14: K7, (K1,M1)x2, K13, (K1,M1)x2, K6 (34 sts).

R15: P to end.

R16: K to end.

R17: P17 sts, place the remaining 17 sts on to a stitch holder to hold them to work later. Continue working on the 17 sts left on the needle.

R18: K to end.

R19: P to end.

R20: K1, K2tog, K3, SSK, K1, K2tog, K3, SSK, K1 (13 sts).

R21: P to end.

R22: K1, K2tog, K1, SSK, K1, K2tog, K1, SSK, K1 (9 sts).

Cut yarn leaving a tail, thread the tail through the remaining 9 sts using the darning needles and pull through to cast off.

Now place the 17 sts held on the stitch holder onto the knitting needles with the wrong side facing to purl.

Now we will repeat Rows 18 to 22 on this side of the heart:

R23: K to end.

R24: P to end.

R25: K1, K2tog, K3, SSK, K1, K2tog, K3, SSK, K1 (13 sts).



R26: P to end.

R27: K1, K2tog, K1, SSK, K1, K2tog, K1, SSK, K1 (9 sts).

Cut yarn leaving a tail, thread the tail through the remaining 9 sts using the darning needles and pull through to cast off.

Using the darning needle, sew the heart together. Start at the top of the heart and use the tail from the cast off to sew together then work your way down the centre of the back. Stuff the heart with toy stuffing as you go. Then bunch up the 6 cast on sts at the bottom of the heart using the tail from casting on and thread through to create the bottom of the heart. Shape with the stuffing, sew up and secure.

If you want to send your heart to the NHS to help those who have lost someone or who have a member of their family in hospital during this crisis then please click [here](#) to find out more information. It is important to use clean yarn and seal the finished hearts in a freezer bag and write the date on, as 72 hours must have elapsed before they are safe to use.



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