



KNIT MITTENS PATTERN CHART (for Kids and Teens)

Knit on 2 needles with the thumbs on the sides
(Provided to Knitting4Peace by Carrie Epps)

SIZES:

(It may be helpful to highlight the size mitten you are working on.)

X-S Extra-Small (approx. age 2)

S-M Small-Medium (ages 6-8)

M-L Medium-Large (ages 11-12)

S Small (ages 3-5)

M Medium (ages 9-10)

L Large-Teens (ages 13-14)

YARN: Worsted *Medium* weight, 4ply yarn

Size **S-M** 1¼ ounces, 35 grams, 80 yards

Size **M-L** 1¾ ounces, 50 grams, 115 yards

Sizes **X-S** and **S** 1 ounce, 30 grams, 65 yards

Size **M** 1½ ounces, 40 grams, 100 yards

Size **L** 2 ounces, 60 grams, 135 yards

KNITTING NEEDLES: size 3 and 5 or sizes needed for gauge

GAUGE: With size 5 needles, in Stockinette Stitch (knit 1 row, purl 1 row, repeated)

11 stitches = 2 inches, 15 rows = 2 inches

Change needle sizes if necessary to obtain this size gauge.

ADDITIONAL MATERIALS:

2 stitch holders (or large safety pins; or scraps of yarn for holding live stitches)

Markers: small rings to slide on needles to mark increases and decreases when knitting

Small scraps of contrasting colored yarn (to tie onto stitches to identify later).

Yarn needle, Tape measure or ruler, Scissors, or optional **Crochet Hook**

KNITTING ABBREVIATIONS & TECHNIQUES USED: (also see page 5)

approx. approximate, approximately

cast on long-tail cast on, loop cast on (e-wrap), or any cast on which is stretchy

k knit

k2 tog Knit two stitches together, as if they were one stitch, by poking the right-hand needle behind the second stitch on the left-hand needle (so the needles are pointing in the same direction). The result is a right slanting decrease.

kf&b increase by knitting into the front and into the back of the same stitch (1 stitch becomes 2 stitches; kf&b is a tight increase)

k across knit across the row

no. number

p purl

pick up a stitch Knit into the next stitch which is already knitted by poking the right-hand needle or crochet hook into the next stitch and knitting it as usual.

skp **Slip, Knit, Pass slipped stitch over** – Slip 1 stitch from the left-hand needle onto the right hand needle as if to knit, knit the next stitch, use the left-hand needle to pick up the previous slip 1 stitch from the right-hand needle and slide it over the top of the knitted stitch directly in front of it leaving one stitch left on the right-hand needle. The result is a left slanting decrease.

st(s) stitch(es)

St st Stockinette stitch (knit one row, purl one row, repeated)

work even work without increasing or decreasing as previously instructed

Summary for Children's Knit Mittens and Size Measurements

	SIZES					
	X-S Extra Small	S Small	S-M Small Medium	M Medium	M-L Medium Large	L Large
approximate ages:	2	3-5	6-8	9-10	11-12	13-14
FINISHED MITTEN MEASUREMENTS						
palm width above thumb approx. inches	5	5½	6	6½	7	7½
palm height approx. inches	4¼	5	5½	6	6½	7
Inside thumb length approx. inches	1½	1¾	2	2	2¼	2½
wrist to top of thumb gusset approx. inches	1¾	2	2	2¼	2¼	2½
<i>Hand Proportion Notes: the wrist to thumb tip measurement is approx. the same as the measurement of the thumb gusset to the top of the index finger. Also, the measurement from the wrist (when bent) to the little finger is also approx. the same measurement. Decreases for top of mitten begin at the little finger.</i>						
PATTERN SUMMARY						
Cast on: this no. of sts...	28	32	32	36	40	40
Ribbing: Size 3 needles, k2, p2; height no. of inches	2¼	2½	2½	2¾	3	3
Begin the Body: change to Size 5 needles, p 1 row, k one row, p one row.						
Shaping thumb base: Row 1: k no. of sts...	13	15	15	17	19	19
place marker, kf&b next two sts, place marker, k across. Row 2: p across. Row 3: k to marker, kf&b next st, k to within one st of <u>second marker</u> , kf&b next st, k across. Repeat Rows 2 and 3 until no. of sts between markers for thumb...	10	12	12	14	14	16
Next Row: p across Thumb: Row 1: k to marker, slip these no. of sts onto a stitch holder...	13	15	15	17	19	19
k across to second marker. Slip remaining sts onto second stitch holder. Row 2: Purl across thumb. Work even St st ending by working a <u>purl</u> row until thumb measures approx. inches...	1¼	1½	1¾	1¾	2	2¼
Next Row: k 2 tog across. Cut yarn , pass large-eye yarn needle through remaining sts pulling the sts off the needle. Shaping the Hand: Row 1: slip sts from first stitch holder back onto needle. Join new yarn. Pick up a stitch from base of each side of the thumb. Pull the gap closed. Tie a square knot. Slip stitches from the second stitch holder onto empty needle, finish knitting across the row. No. of sts on needle...	28	32	32	36	40	40
Work even in St st ending with <u>purl</u> row until approx. no. of inches from ribbing...	3¼	3¾	4½	4¾	5	5½
Shaping Fingertips: Place marker in center of piece. Row 1: k2, skp, k to within 3 sts of marker, k2 tog, k1, <u>slide marker</u> , k1, skp, k across to last 4 sts, k2 tog, k2. Row 2: p across. Repeat Rows 1 and 2 until 20 sts are left. Next Row: k2 tog across. End with 10 sts. Cut yarn , pass large-eye yarn needle through remaining sts pulling the sts off the needle. Secure loose ends, Trim excess.						
Turn right side out, admire your handy-work and think of the cute little hands which will love them!						

	SIZES	X-S	S	S-M	M	M-L	L
STEP BY STEP INSTRUCTIONS	Approximate ages:	2	3-5	6-8	9-10	11-12	13-14
CUFF Begin long tail cast on (see page 6 for instructions) With size 5 needle <i>loosely</i> cast on this no. of sts...		28	32	32	36	40	40
With <u>size 3 needles</u> create the ribbing: Row 1: (wrong side) k2 sts, p2 sts, repeated across the row of cast on sts. (another variation is p1 st, k1 st, repeated across the rows) Repeat <u>ending right side facing</u> , until piece measures approx. inches from the cast on edge...		2¼	2½	2½	2¾	3	3
BEGIN THE BODY Change to <u>Size 5 needles</u> : Rows 1-3: p one row, k one row, p one row							
SHAPING THE THUMB BASE Row 1: (right side) k this number of sts...		13	15	15	17	19	19
place marker on right-hand needle, kf&b in <i>each</i> of the next two stitches, place marker, k across. No. of sts on needle...		30	34	34	38	42	42
Row 2: p across, sliding markers onto your right-hand needle as you work across. Row 3: k to marker, slide marker onto right-hand needle, kf&b of the next st, k to within one st of <u>second marker</u> , kf&b of the next st, slide marker, k across. No. of sts on needle...		32	36	36	40	44	44
Repeat Rows 2 and 3: until no. of sts between markers for thumb...		10	12	12	14	14	16
No. of sts now on needle...		36	42	42	48	52	54
Next Row: p across.							
THUMB Row 1: (right side) k to marker, remove marker, slip these sts just knitted onto a stitch holder to hold live sts. No. of sts on stitch holder...		13	15	15	17	19	19
Tie a 6 inch scrap of yarn or slotted marker onto the front of the next st to identify later. Knot loose ends together to keep scrap of yarn secured on the right side of knitted piece, k this st (keeping scrap of yarn at the bottom of the st) and k across to within 1 stitch of second marker - tie scrap of yarn <u>onto this st</u> , k this st, remove second marker. Slip remaining sts (which haven't been knitted yet for this row) onto a second stitch holder. No. of sts on the needle for thumb...		10	12	12	14	14	16
Row 2: Purl across. Work even in St st ending by working a <u>purl</u> row until thumb measures approx. inches...		1¼	1½	1¾	1¾	2	2¼
Next Row: (right side) k 2 tog across pulling sts snugly against right-hand needle leaving no. of sts on needle...		5	6	6	7	7	8
Cut yarn leaving approx. 15 inches in length for sewing. Thread a large-eye yarn needle to the end of yarn. Pass the needle through the loops of the remaining sts left on the needle. Pull the sts off the needle to end the thumb. Do not pull closed; it will be sewn shut later.							

STEP BY STEP INSTRUCTIONS CONTINUED**SHAPING THE HAND**

Row 1: With right side facing, slip sts from first stitch holder onto empty right-hand needle being careful not to twist any sts.

Join new yarn by holding approx. 6" length behind the right-hand needle with the loose yarn hanging down toward the cast on edge.

Pick up a stitch: Poke the right-hand needle or a crochet hook into the next stitch with scrap of yarn attached at the base of the knitted thumb and knit one stitch.

(Keep knitted thumb behind the right-hand needle and ball yarn in front of knitted thumb.)

Pick up a second stitch from the left thumb base: Poke the right-hand needle into the stitch with scrap of yarn attached from the left base of the knitted thumb (directly in front of the second stitch holder).

Fold the thumb behind the right-hand needle by pushing the thumb's right sides together, knit one stitch.

Pull the gap closed by tugging on the ends of yarn (in front of the knitted thumb).

Tie a square knot: Tie the loose end of the yarn into a square knot around the ball yarn to secure until the sts look even. (Knot will be on top of right-hand needle).

Slip stitches from the second stitch holder onto empty needle.

Finish knitting across the row.

No. of sts now on needle...

X-S	S	S-M	M-L	L	X-L
28	32	32	36	40	40

Work even in St st ending by working a k row, until piece measures approx. inches from ribbing...

3¼	3¾	4½	4¾	5	5½
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Next row: p this no. of sts...

14	16	16	18	20	20
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place marker, p across. *note: if you forgot to place a marker, place a slotted marker or scrap of yarn around the needle in center of the row.*

SHAPING FINGERTIPS

Row 1: k2, skp, k to within 3 sts of marker, k2 tog, k1, slide marker, k1, skp, k across to last 4 sts, k2 tog, k2.

No. of sts on needle...

24	28	28	32	36	36
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Row 2: p across.

Repeat Rows 1 and 2: until 20 sts are left on needle.

Next Row: k2 tog across, remove marker, end with 10 sts left on needle. Cut yarn approx. 3 times the length of mitten. Pass threaded large-eye yarn needle through the loops of the remaining sts left on needle pulling remaining sts off needle.

SEAMS

Close the tip of fingertips. Matching right sides together, pull the stitches firmly to close the fingertip opening. Run yarn needle back through the last stitches again to pull the sts tightly closed at the tip of the fingertip, secure.

Stitch the seam closed using the over-cast method. Match the "long stitches and short stitches" of the outermost edges together. Insert needle under the "long stitches" and gently over-cast the outer edges to create a seam. (You're picking up half a stitch from each side seam and wrapping the yarn up and over the "long stitches" to create a seam.) Seam your way down to the cuff. Remove yarn needle and thread it onto the yarn end at the bottom of the cuff. Seam the cuff until you meet with the yarn end from the body. On the wrong side, tie a square knot with the ribbing and body seam yarn ends.

Secure all loose ends of yarn. Run yarn needle diagonally to zigzag loosely through a row of the purl bumps on the back of the piece, pulling the yarn loosely to keep the yarn laying flat and stretching it a bit to bury it.

This allows for stretch, and seams to lie flat. Trim excess yarn.

Seam the tip and side of the thumb. Follow the instructions for finishing fingertips and seams. When you reach the body yarn, check if any holes are left to close, tie a square knot to the loose yarn end at the base of the thumb. Secure loose ends. Trim excess.

CAST ON SKILL REVIEW:

Long tail cast on: (This is a stretchy cast-on)

1. Make a slip knot loop leaving the tail length of the yarn 3 times the width of the number of cast-on stitches.
2. Slide the slip knot loop onto the right-hand needle with the tail end to the front and the ball of yarn behind the needle.
3. Tighten the slip knot loop to fit onto the needle.
4. Hold the needle with the slip knot in your right hand.
5. Hold your left hand with your index finger and thumb pointing upward in front of the tip of the right-hand needle.
6. Place the ends of the yarn inside your left palm and hold the yarn ends with your lower three fingers.

Loop cast on: (also called E-Wrap Cast on)

1. Hold needle and tail in your left hand.
2. Bring right index finger underneath yarn, pointing toward yourself so that the yarn is over your finger.
3. Straighten and turn index finger to point away from you creating a loop on your index finger.
4. Insert tip of needle underneath the yarn on your index finger slipping the needle inside the loop. Slide your finger out and pull yarn snug to form a loop on your needle.
5. Repeat until you cast on your required number of stitches.

Note: It is somewhat difficult to knit the first row, but it creates a stretchy cuff.

Add an intention or prayer for the person who will receive much-needed warmth and hope from your mittens. For a listing of countries where we have completed deliveries, go to the Deliveries page on our website (knitting4peace.org)

Your compassion & love are as important as the work of your hands in crafting hope, healing, and peace.

**Send your completed mittens
(along with your name & e-mail address so we can acknowledge receipt) to:**

Knitting4Peace

2600 Leyden St.
Denver, CO 80207