

# mood RING



**Knitting and emotion go hand in hand.** Unless it's your first knitting lesson and you feel like you're in a wrestling match with your yarn and needles, knitting is most often a calming, restorative treat. Even if we've got our heads buried in a complicated pattern that's driving us nuts, at the very least we're enjoying a break from whatever else we've been thinking or doing the rest of the day. At its best, for me, knitting lets me gather my thoughts, notice my feelings, and re-center.

**I'm delighted to offer you this Mood Ring pattern** from my book, *Knit the Sky*. This project, a colorful cowl that tracks your mood for one month and fits nicely around your neck, is a knit version of a mood ring. Multiple colors will represent our feelings, recording the ups and downs of our daily emotional lives and making the invisible visible. One of the things that I love about this project is that it not only documents something interesting and personal, but it also offers opportunities for reflection that might inspire us to change our behaviors and create new, healthier, more exciting emotional lives.

I hope you join me in tracking your moods with colorful yarns for one month! Please post your photos and project updates using the hashtags **#MoodRing #KnittheSky**. You can also connect with me via my website **knitthesky.com** and on social media. I'm **@Lea\_Redmond** on Instagram, and my Facebook page is **facebook.com/LeafcutterDesigns**.

Happy knitting!

Lea



## Excerpt from *Knit the Sky* by Lea Redmond

mood

RING

### A Ring That Fits You

Choose any cowl pattern that strikes your fancy. If you are using your own pattern, it should have at least 150 rows, letting you add 5 rows per day for an entire month. Collect colorful yarns that are all the same weight. Emotions are complex and can change quickly. Adding 5 or more rows per day will let you use multiple colors for each day, more accurately capturing the emotional nuances of your days. If one day contains both joyful moments and sad moments, knit both of those colors into your cowl, as separate rows in the order in which the emotions took place.

### Color Code

As you knit your “mood ring,” you can use the color meanings I provide in the key below or devise your own. Also, if there is a particular emotion or mood you want to track closely, your whole project can revolve around it. For example, if your biggest concern is stress, the meaning of your color spectrum could range from very stressful (red) to very calm (blue).



**Blue**  
sad, fearful, disappointed, exhausted, heartbroken, unappreciated, restless, unable to let go, shameful, hesitant



**orange**  
joyful, inspired, creative, playful, optimistic, spontaneous, motivated, productive, hopeful, lucky, eager



**black**  
powerful, secretive, fancy, lonely, lost, depressed, disoriented, formal, defeated



**green**  
bored, cautious, awkward, indecisive, vulnerable, tired, restless, neutral, in limbo, passive



**red**  
thrilled, passionate, courageous, surprised, romantic, adventurous, elated, radiant, enthusiastic, excited



**white**  
open-minded, aware, trusting, magnanimous, serene, meditative, tranquil, infinite



**yellow**  
content, safe, relaxed, cheerful, compassionate, even-keeled, calm, mellow, satisfied, nostalgic, peaceful



**purple**  
angry, anxious, scared, stressed, confused, envious, nervous, irritated, flustered, frustrated, hurt, regretful



**brown**  
rooted, connected, centered, balanced, whole, secure, natural, earthy

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## Excerpt from *Knit the Sky* by Lea Redmond

# A Simple Ribbed Cowl

This ribbed cowl is worked back and forth in rows on straight needles. Suitable for knitting the *Mood Ring*, this pattern uses a light worsted- or DK-weight yarn and size US 7 (4.5 mm) straight needles, for a gauge of about 5 stitches and 6 rows to an inch in the ribbed pattern. (Check the ball band on the yarn for more exact specifications.) If you knit 5 rows a day for a month with that gauge, your cowl will have a circumference of about 25". Or knit 6 rows per day for 2 months if you'd like a cowl that you wrap around your neck twice when you wear it. *Note:* You may wish to use another of your favorite stitch patterns instead of ribbing for your cowl.

### SETUP

Using a US 7 (4.5 mm) needle, cast on 72 stitches. (This should give you a cowl width of about 14".)

### FINISHING

Cast off loosely, and join the two short ends of the cowl. Weave in the ends to hide them.

### KNITTING THE COWL

K2, P2 every row. (Notice that you'll always be knitting into knit stitches and purling into purl stitches, no matter which side of the piece you're working on.)