



MOOD SCARF

Knit the Sky: patterns for adventuresome knitting



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Mood Scarf is a month-long introspective journey. At the end of each day, you'll notice and reflect upon your feelings and emotions, adding rows to your scarf that represent your mood (or moods) from that day. Orange for thrilled, passionate, or excited. Yellow for calm, relaxed, or even-keeled. Green for slightly hesitant, indifferent, or passive. Blue for sad, stressed, or anxious. Refer to the key at right for more suggestions. Your emotional self-awareness will grow alongside your scarf. The Mood Scarf acts as a daily reminder to take stock of how you feel, to contemplate the significance of your emotions, and perhaps even to cultivate positive changes in your life - be they big or small, internal or environmental.

Yarn: This kit contains four colorful, 100% wool yarns: 220 yards each of red, orange, green, and blue.

Needles: Size 8 straight needles.

Gauge: Knitting in garter stitch, you will have a gauge of 4½ stitches per inch. Make a swatch to test your gauge and adjust your needle size if necessary. Finished scarf size is 6½" wide by 5' long.

Instructions: On the first evening, begin by casting on 30 stitches in that day's first mood color. Each evening for one month, reflect on your emotions and knit 18 rows in garter stitch. (Always add colors in increments of 2 so that the yarn ends up back at the same edge as the others.) Note that the 18 rows will appear on the front side as 9 stripes because of the garter stitch pattern. Use the key to the right to help determine the colors that best represent your moods, mixing and matching based on the prominence of various emotions. For example, you might knit 12 rows in blue because your workday was stressful and 6 in yellow because something lovely happened in the afternoon that improved your spirits.

Important: To keep all colors available, you'll need to carry all strands up the edge of the scarf along the way. To do this, take the yarn with which you are about to knit a row and wrap it around the unused strands before you start the new row (see 1-3 below). Always wrap around in the same direction so you get a nice twist pattern up the edge of your scarf. Choose a permanent place to set up your Mood Scarf project to prevent the yarns from getting all tangled up in your bag! Before knitting each row, move the balls around to keep them organized.

RED: very happy, optimistic, enthusiastic, in the zone, thrilled, with gusto and passion, lucky, surprised, adventurous, connected, something new or exciting is happening!

ORANGE: Cheery and content, calm, safe, relaxed, peaceful, positive, productive, pro-active, creative, even keeled with a skip in your step.

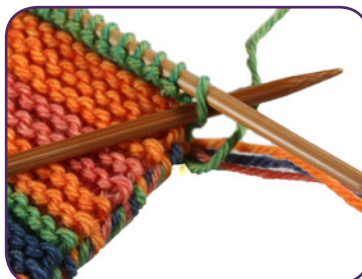
GREEN: Neutral, normal, routine, in limbo, hesitant, nervous, indifferent, passive, bored, waiting for the tide to turn.

BLUE: sad, angry, stressed, afraid, frustrated, anxious, confused, disappointed, disrespected, unappreciated, restless, unable to let go.

1) Wrap strands around each other:



2) Begin row:



3) Tidy, twisted edge:



KNIT THE SKY patterns are designed by Lea Redmond.

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