

# Knitted Hug Heart

You will need:  
Small amount of 12 ply yarn  
5.5mm needles  
Tapestry needle to sew in threads



Cast on two stitches

Knit these two stitches.

Turn. Knit into front and back of each stitch – makes 4 stitches

Turn. Knit these 4 stitches

Next row: increase in first stitch by knitting front and back. Knit to last stitch. Make one by picking up a loop from row below and knitting into back of loop. Knit last stitch.

Next row: knit without increasing

Increase as before in alternate rows until you have 22 stitches.

Knit three rows without increasing.

Next row: knit 11 stitches, turn and knit these 11 stitches.

Knit two rows (11 stitches)

Knit two stitches together, knit 7 stitches, knit two together (9 stitches)

Knit one row

Decrease at each end of next row, as above. (7 stitches) Knit one row.

Decrease at each end of next row, as above. (5 stitches) Knit one row.

Decrease at each end of next row, as above. (3 stitches)

Cast off.

Join yarn in centre. Knit the 11 remaining stitches.

Knit two rows.

Decrease at each end of alternate rows (as above) until 3 stitches remain.

Cast off.

Sew in ends and smooth edges.

Give it a hug, and give it to someone you would like to give a hug.