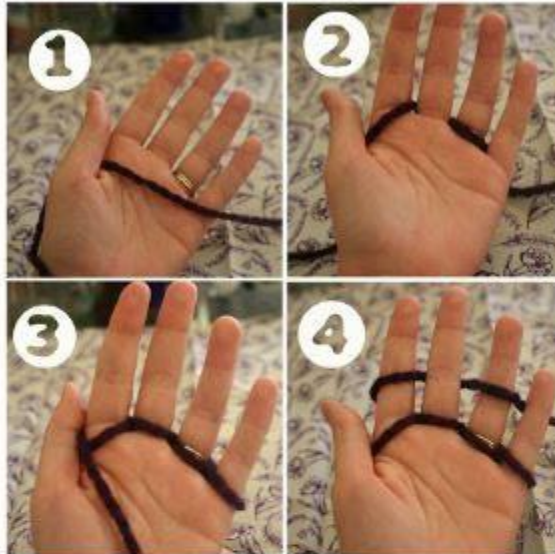


Finger Knitting

(A Solutions Favorite!)

All you need is yarn (and scissors). It is really very easy to do once you get the hang of it. It is also a fun craft to do with older kids.

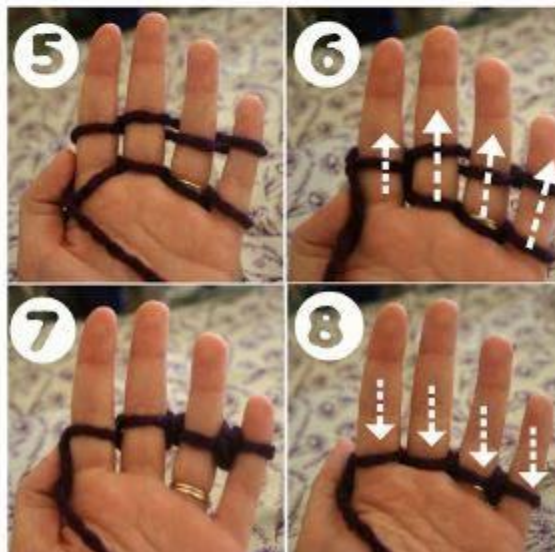


1. Start by holding your left (non-dominant) hand with your palm up. Hold the end piece of yarn with your thumb. You will only be using your 4 fingers for the actual knitting.

2. Using your right hand, wrap the yarn over your pointer finger, back behind your middle finger, over your ring finger then behind your pinkie.

3. Now wrap the yarn back around your pinkie, behind your ring finger, etc. You are basically making loops around each finger.

4. Move the yarn up to your knuckles and repeat step 2.



5. Wrap the yarn back around your fingers a second time. Now you have 2 rows of loops. Make sure to not wrap too tightly.

6. Now one finger at a time, pull the lower loop over the upper loop and then over the top of your finger.

7. Now you are left with just one row of loops. At this point you can let go of the end of the yarn with your thumb.

8. Push down the upper row. It now becomes the lower row.