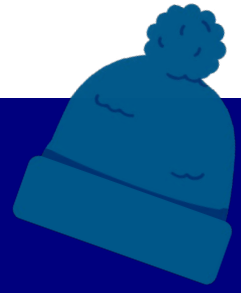
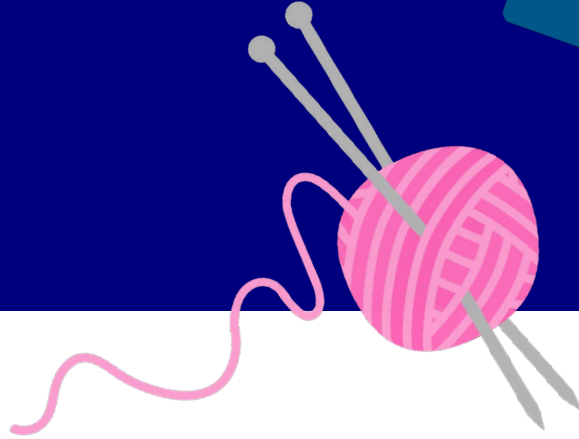


How to knit for beginners



What you'll need

- **Yarn**
(start with medium weight)
- **Knitting needles**
(5–6mm is great for beginners)
- **Scissors**



Steps to start knitting

1. Make a slip knot:

- Start by making a loop in the yarn.
- Pull the yarn through the loop to form a knot and leave a tail around six inches long.
- Slide this knot onto one of your knitting needles. Pull gently to tighten.

2. Cast on:

- Hold the needle with the slip knot in your right hand.
- With your left hand, wrap the yarn around your left thumb.
- Insert the needle under the yarn on your thumb, and slide the loop onto the needle. Repeat until you have the number of stitches you want (try 10–20 stitches to start).

3. Knit stitch:

- Hold the needle with cast-on stitches in your left hand.
- Insert the right needle into the first stitch on the left needle from front to back.
- Wrap the yarn around the right needle (behind the work).
- Pull the yarn through the stitch, creating a loop on the right needle.
- Slide the original stitch off the left needle.

4. Continue knitting:

- Repeat the knit stitch for each stitch on the left needle until all stitches are on the right needle.
- Once all stitches are transferred to the right needle, switch the needles so that the stitches are in your left hand again.
- Continue knitting rows until you have the desired length.

5. Bind off:

- Knit two stitches.
- Use the left needle to lift the first stitch over the second stitch and off the needle.
- Knit one more stitch and repeat, lifting the first stitch over the second until only one stitch remains.
- Cut the yarn, leaving a tail, and pull it through the last stitch to secure it.

6. Finish:

- Use the scissors to cut the yarn, and use the yarn tail to weave in any loose ends with your hands or a yarn needle.

You've made your first knitted piece! Keep practicing these steps to build your skills.

