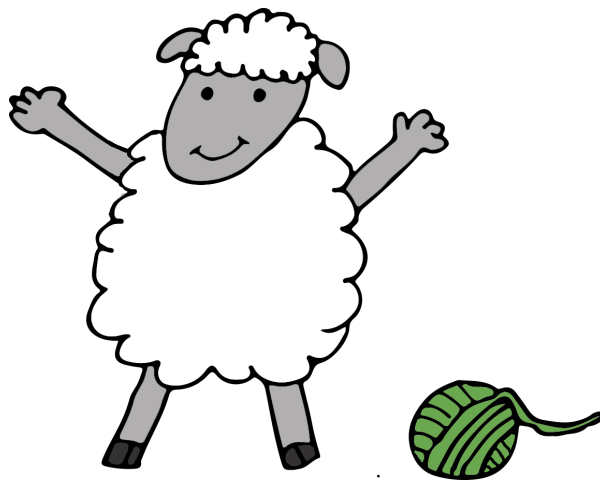


LEARNING TO KNIT WITH LANOLIN

LESSON 1: THE KNIT STITCH

PREPARED FOR THE IROBOT LEARNING DESIGN CHALLENGE

Through the fence,
Catch the sheep,
Bring her back,
Over the fence.



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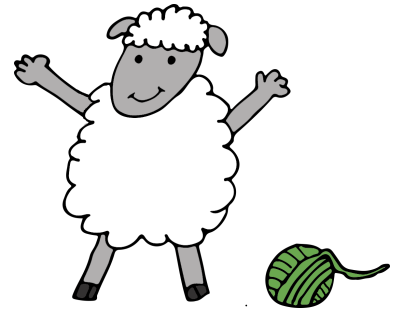
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LEARNING TO KNIT WITH LANOLIN: TEACHER'S GUIDE

Learning to knit can help students learn valuable math skills, practice reading informational texts, and solve engineering problems related to two- and three-dimensional fabric creation. Knitting also can promote “soft skills” and social-emotional learning competencies, like persistence through goal setting, failure, problem-solving, productive risk-taking and decision-making, agency, stress management, self-discipline, and relationship building.



This video can be used as part of an inquiry-based learning unit covering topics such as how plant-based fibers, animal fibers, and synthetic fibers are processed into yarn and fabric, how clothing is made in factories or by hand, how the Industrial Revolution changed clothing, and more. It can also be used as a stand-alone unit to teach knitting as a craft.

This unit is designed for teaching 8-year-olds how to knit in groups of five and covers Common Core Math and ELA standards, Next Gen Science Standards, and CASEL Core SEL Competencies.

UNIT LESSONS

Lesson 1: The Knit Stitch

Lesson 2: Casting On with the Longtail Cast On

Lesson 3: Casting On with the Knit On Cast On

Lesson 4: The Purl Stitch

Lesson 5: Binding Off

Lesson 6: Choosing and Reading Patterns

Lesson 7: Increases

Lesson 8: Decreases

Lesson 9: Troubleshooting Your Knitting

Lesson 10: Finishing Techniques: Blocking, Seaming, and More!

Lesson 11: Advanced Techniques

LESSON 1: THE KNIT STITCH

The knit stitch is the foundational stitch of knitting. All increases, decreases, bind offs, and many cast-ons are all a variation on the knit stitch. For kids, it's often more rewarding to learn the knit stitch before learning to cast on as they can see that they are making progress.

The Lanolin video uses a rhyme to help kids remember the steps of creating the knit stitch.

**Through the fence,
Catch the sheep,
Bring her back,
Over she leaps.**



LEARNING OUTCOMES

STUDENTS WILL...

Learn the knit stitch

YOU WILL...

Facilitate student understanding of the knit stitch
Troubleshoot student knitting

BEFORE CLASS

MATERIALS

- Soft worsted or aran weight yarn in wool or acrylic in a variety of solid colors (lighter colors are preferable as it's easier to troubleshoot), or all in the same color. **Note:** while wool is the easiest to learn with, some children may have allergies.
- 5+ pairs of medium gauge bamboo, wood, or acrylic needles such as size 7 or 8. Double pointed needles with a pencil eraser or rubber band around the end are recommended as kids sometimes struggle with the length of straight needles. Circular needles are not recommended. Metal needles may be too slippery for beginning knitters and are not recommended.
- Scissors in case of tangles!
- Something to watch videos on. If you're watching as a class, you'll need a big screen. Laptops or tablets with headphones are preferred so students can watch at their own pace.

PREP INSTRUCTIONS

1. Gather your five sets of knitting needles and yarn. Cast on 10 to 20 stitches on each set of needles, knitting at least one row on each, up to one inch. (At least 5 minutes per set)
2. Set up and test your video equipment fifteen minutes before the lesson. (5 minutes)

Tip: You might want to prepare a few extra sets of needles in case a student tangles their knitting.

DURING CLASS

Explain that you will be learning to knit by learning the knit stitch. Introduce knitting and talk in your group about knitted items your students might know of, such as hats, scarves, and mittens. You may want to explain the difference between machine knitting, which creates fabric for clothes such as t-shirts and socks, and hand knitting, which they will be learning in this lesson. Ask if anyone has ever seen someone knitting, or if they know a knitter.

Warn them that the needles are not a toy and to be careful, and then distribute the needles and yarn and allow students to watch the video on their individual screens, or watch as a group. Explain that you're available if they get stuck or have any questions. Remind them that they can rewind and watch the video as many times as they wish. Remind them of the rhyme if they get stuck. Monitor student's progress and help as requested. While they are working, check in with each student and ask them to explain what they're doing to you as an informal assessment.

When students have completed the video, have them knit a few rows on their own. Fifteen minutes before the end of the lesson, collect their knitting and hand out the worksheets.

STANDARDS

This lesson covers several Common Core Literacy Standards and supports the CASEL Self-Management competency.

- [CCSS.ELA-LITERACY.RI.3.1](#) Ask and answer questions to demonstrate understanding of a text, referring explicitly to the text as the basis for the answers.
- [CCSS.ELA-LITERACY.RI.3.5](#) Use text features and search tools (e.g., key words, sidebars, hyperlinks) to locate information relevant to a given topic efficiently.
- [CCSS.ELA-LITERACY.W.3.10](#) Write routinely over extended time frames (time for research, reflection, and revision) and shorter time frames (a single sitting or a day or two) for a range of discipline-specific tasks, purposes, and audiences.

EXTENSIONS

- Have your students make their own knitting needles out of chopsticks with this video: <http://bit.ly/DIYNeedles>
- Collect the finished squares from each student and seam them together to make a class wall hanging or blanket
- Read a knitting themed book from this list curated by librarians from the Seattle Public Library to cover additional Common Core ELA Standards: <http://bit.ly/YarnBooks>