



# Crochet: Headband or Bracelet

Youth will learn and practice crochet stitches and will successfully make a headband or bracelet. .

## Time

Time will vary with new beginners. If members have not finished the project at the meeting, encourage them to take it home and work on it.

## Materials

- Aluminum crochet hook size I-9
- Scissors
- .05 oz. worsted weight yarn in preferred color
- Measuring tape
- Optional: YouTube Video (Computer, projector, speaker, smartphone etc.)
- Optional: Yarn Needle

## Space Required

Room with comfortable chairs.



## Before the Meeting

Have members bring their supplies or gather enough supplies for everyone participating. Make sure there are enough chairs for everyone. Have members wash their hands to keep yarn clean before they start crocheting.



## Background

In lesson 1, we learned how to complete the single crochet stitch. In lesson 2, we learned how to successfully use a double crochet to make a bow tie. We will learn a slip stitch, which is used to join stitches that are worked in rounds, it is also used to travel to another part of a row without producing any visible stitches.



## Activity Instructions

Have members practice the different types of stitches. It would be good to show the YouTube video for youth to watch and practice.

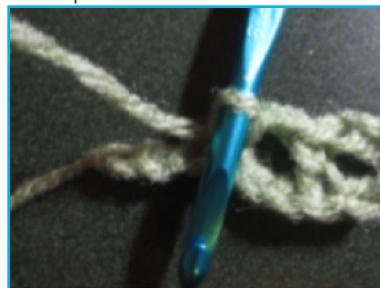
**CH** Chain

**SLST** Slip Stitch

1. CH 11.
2. SLST into the 5<sup>th</sup> from the hook



3. CH 2, skip 3 and SLST into chain.



4. CH 3, Skip 2, and SLST into the last CH. Total of 3 semi-large oval spaces. CH 4 and turn.



- ROW 2**  
SLST into the first oval space.



5. CH 3 and SLST into middle oval space.



6. CH 4 and SLST into the last oval space. CH 4 and turn.



### ROW 3

SLST into first oval space.



10. CH 2 and SLST into the first oval on the last row and flip.



14. CH 2 and SLST into the last circle on the last row.



7. CH3 and SLST into the middle oval space



11. CH 2 and SLST into the middle oval on Row 1 and flip.



15. CH 1. Remove hook and pull yarn through the chain. Pull tightly until a knot is formed. Weave tails in and trim excess. (Using the needle works best).



8. CH 4 and SLST into the last oval Space. CH 4 and turn.



12. CH 2 and SLST into the middle oval on the last row and flip.



16. Attach bow from last lesson.



### ROW 4

Repeat Row 3 steps until desired length. Don't forget to stop and stretch your legs every few rows!

### FINISHING

9. CH 2 and SLST into first oval of Row 1 and flip.



13. CH 2 and SLST into the last oval on row and flip.



### Reflect and Apply Questions:

1. How has your tension changed from the first lesson? How does the tension effect your item?
2. Has your enthusiasm for crocheting changed since the first lesson? If so, why?

### Other Related Resources

[https://www.youtube.com/watch?v=DITdOMTDkug&ebc=ANyPxKq0Kycjar-7Ba4clMrhS0z0SJKoEutl6F\\_wZ6EPBvGNirsBYDDhN58CxAlrErBN5UeDFHqhuMSxgeV\\_DAANce7eVsfu71](https://www.youtube.com/watch?v=DITdOMTDkug&ebc=ANyPxKq0Kycjar-7Ba4clMrhS0z0SJKoEutl6F_wZ6EPBvGNirsBYDDhN58CxAlrErBN5UeDFHqhuMSxgeV_DAANce7eVsfu71) - YouTube video learn how to Crochet Right hand part 2- Easy Basics Beginner

### References

Wikipedia: <https://en.wikipedia.org/wiki/Crochet>

Adapted From: Discover 4-H Crochet Clubs- Utah State University Extension



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needs and answer
2. **Has your enthusiasm for crocheting changed since the first lesson ? If so, why?**  
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REFLECT AND APPLY  
ANSWER SHEET



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