

THORNTON LE DALE

Buddy Bear



Buddy Bear Knitting Pattern.

Needle size 3.5mm

Leg 1

Cast on 18sts

Knit 30 Rows

Cut Yarn, leaving a length of around 30cm. Slide stitches to bottom of needle and leave them on the needle while you knit the second leg.

Leg 2

On the free needle, Cast on 18sts.

Knit 30 Rows

DO NOT CUT YARN

Move leg one to leg 2 to continue to the body.

Body

Continue knitting across to join both legs 36sts

Knit for the next 32 rows.

Mark the ends of the last row with a safety pin then continue knitting every row for the head.

Head.

Knit 28 Rows

Cast Off leaving a length of around 42cm of yarn to sew up the body.

Arms (make 2 the same)

Cast on 15st

Knit 25 Rows

Cast off leaving 20cms of Yarn for sewing up.

Sewing up

NOTE: When sewing up seams together use mattress stitch, working through the garter stitch bumps at the ends of the rows. Place head and body flat and fold the sides to the centre and stitch the centre back body seam from top down to the legs

Next, stitch the inside of legs. Do not cut yarn.

The top of head and feet remain open and lightly stuff keeping the body flat. Sew up feet and then head. Run stitches at each end of head to make ears.

Fold the arms to the centre and stitch up. Lightly stuff if needed, but try to keep flat and squashy.

Thread a length of the wool yarn and using running stitch, stitch around the marked row starting from centre back to make a neck line. Remove safety pins.

Neck tie can be made either using ribbon, coloured twisted yarn or a knitted scarf.

Stitch eyes and make a lovely smile.



Mental Health is the silent killer and unfortunately we have no idea how our friends and family are feeling, especially now during this pandemic.

The whole idea of our Buddy Bear is to highlight Mental Health Awareness, and to show how important it is to help our community during this worrying time.

Knit as many Buddy Bears as you can and give to family and friends. It's a gesture to say you are not alone. Pass this knitting pattern onto friends and family so we can build a Buddy Bear Community.

We have kindly received full copyright permission from the Publisher and joint authors to use the pattern from The Book 'Knit yourself Calm'.

We would like to thank and credit Search Press, and Lynne Rowe and Betsan Corkhill.

A copy of the fantastic book is available at www.searchpress.com

This project is run by Thornton Le Dale Village Hub as part of the Britain in Bloom 2021 community section.

