



JL BOCES

Makerspace

Finger Knitting



Presenter: Jana Rogers

Description of Project

Finger knitting is a simple way students, as young as 6 can create a piece of knitting, without any costly tools. It simply uses fingers and yarn to make lengths of chain or

knitted “rope”. It also boosts dexterity and fine motor skills in kids and keeps fidgety students calm!

Materials Needed

1. Yarn
2. Scissors
3. Butterfly clips or pencils (optional)

Steps

1. Select a length of yarn (at least 50 yards) to use. Keep in mind the thicker the yarn, the quicker and thicker your “rope” or chain, will knit up. You can also double or triple up regular (worsted) weight yarn. I doubled this yarn to create a thicker chain.
2. Hold your left hand sideways in front of you with your palm facing forward (or use your right hand if you are left-handed). Put the end of yarn dangling in front of your hand and secure it with your thumb. The rest of the yarn should be behind your hand.
3. Wind the yarn from the ball behind your pointer finger, then in front of your index finger, behind your ring finger and around your pinky. Then continue around to your index finger again. Repeat this step again so you have two loops on each finger. See figures a-d below.





Figure a



Figure b



Figure c



Figure d

4. You should now have two loops on each finger. Lift the bottom loop over the top loop on your index finger and let it go. You can bend your fingers if necessary. Repeat on all four fingers. Push down the yarn on your fingers so it doesn't fall off.



5. Wind the yarn around your fingers again, starting by going in front of your middle finger (it is already behind your index finger).

6. Repeat steps 4 and 5 until you have your desired length of chain.
7. If you need to pause your knitting, you will want to put something on each loop so that you can pick them up again. A good solution is medium size butterfly clips, or you can put a pencil through each loop (but this tends to fall through if it is moved around!).



8. Once you have reached your desired length of chain, you can pick the loop that is on your index finger off and put it on your middle finger. Lift the bottom loop over it and off. Then put the loop that is on your middle finger on your ring finger and lift the bottom loop over that. Lift the loop on your index finger to your pinky and lift the bottom loop over. For your last loop you will need to cut the yarn

with at least 2 inches left. Put the end of the yarn through the last loop and tie a knot to finish off.

Finished Project



Tips and Suggestions

1. Use a thicker yarn for younger students.
2. Younger students may need help cutting the yarn at the end.
3. You can always find donated yarn- ask your fellow teachers, relatives, etc. or search garage sales and thrift stores!
4. Check out this great [video](#) of a finger knitting “how to” by Fiber Flux

Extension Projects

Projects that are related or use the same materials.

1. You might also try Arm knitting- use a thicker yarn, or doubled/tripled worsted weight yarn. Check out [this video](#) tutorial by Michaels.
2. Another yarn craft you can try is this [giant peg board yarn cross stitch](#)

3. [Nail board string art](#) (You could also do this with corkboard or Foam board with Pins instead of nails and wood)

