



Wrist Band

Cast on between 30 and 40 stitches, depending on your wrist size.

Knit 3 rows.

Knit to last 3 stitches, bring the yarn forward, knit to the end. (This creates an eyelet and an extra stitch.)

Knit 2, knit 2 stitches together, knit to the end. (This puts the stitch count back to normal – look you have a buttonhole.)

Knit 3 more rows.

Cast off.

Sew in the ends.

Choose a button and sew it on the opposite end to the button hole.

Sew on beads and buttons to decorate if you want to.

Flower

Cast on 15 stitches.

Knit 1 row.

Next row – Knit 1, (bring yarn forward, K1). Repeat what is inside the brackets till you get to the end of the row.

Repeat rows 2 & 3 one more time.

Knit 1 more row.

Cast off.

Thread the cast on end of yarn into a darning needle and gather up the cast on edge, pull tight and then sew up the side seam. Fasten off securely.

Use the cast off end to sew a button into the middle of the flower and sew a brooch/safety pin on to the back.

Add beads and sequins if you want to.

