

Knit your own Trauma Teddy

You will need:

- Double knitting wool and size 10 needles.
- Filling for teddy.
- Main colour for head and paws.
- Different colours for trousers, jumpers and scarf

Cast on 10 stitches main colour. Knit 10 rows.

Change to trouser colour and knit 30 rows.

Make another leg the same.

Knit across all 20 stitches and work for 16 rows.

Change to jumper colour and knit 24 rows.

Change to main colour for head, also change to stocking stitch Work for 14cm. Change to jumper colour and continue the remainder of the Teddy in reverse order.

Stitch down the sides of the head

With jumper colour pick up 8 stitches either side

of the neck-join and knit 2 rows. Change to main colour and knit 10 rows for paws. Sew up Teddy, leaving a little opening in the crotch for filling.

Draw a thread around the neck.

Sew diagonal top corners for ears.

Sew happy face on Teddy.

Scarf:

Cast on 60 stitches.

Knit 4 rows and cast off.

Tie scarf around teddy's neck and sew to back of neck.

If you like you can make a teddy bag. Bags may be made from any material. They need a draw-string at the top. Their finished size should be approximately 25 x 35cm

