

1000 HOURS OUTSIDE™



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# *Intro to Finger Knitting*



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## First Steps

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Take your finger knitting to the next level with books such as:

Finger Knitting Fun: 28 Cute, Clever, and Creative Projects for Kids by Vickie Howell or

Finger Knitting: Fast, Easy & Fun Scarves and Accessories to Make (Design Originals) by Mary Beth Temple

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# Finger Knitting Basics

Finger knitting is a fun and easy craft for children and grown-ups alike! It is great for fine motor skills and is an excellent foray into other types of knitting. Down the road knitting can involve a lot of counting so this handcraft may help with math skills as well. Often kids as young as four or five can finger knit with some assistance and this simple, DIY activity keeps any age child (or adult) happy and engaged for long periods of time.

Kids love the soft feel of the wool. The natural fibres slide easily through their skin and provide the sensation of warmth, great for chilly fall days. Just think of sitting in some cozy clothes in front of a crackling fire with a beautiful ball of yarn on your lap, listening to the crackle, feeling the softness of the wool... this activity provides a whole lot of memorable sensory input. Beginning with finger knitting is great for young children because it is less cumbersome than knitting needles for small hands. Having a skein of yarn on hand always gives busy hands something to do. We keep a small bag filled with yarn always at the ready! Finger knitting is great for long car rides or for waiting at the doctor's office.



*What you need:*



A skein of yarn (or two or three of ten :)). That's it!

We've tried many brands but for beginners I highly recommend Lion Brand Yarn, Wool-Ease Thick and Quick. The thickness and feel of the yarn will affect the outcome of your projects and it's easiest to be successful with this kind when you are just starting out. I have seen up to 91 colors to choose from including Crimson, Constellation, Fern and Harvest. Such gorgeous names! Check back often as prices can occasionally be as low as four or five dollars a skein! What a deal! As you progress further into your hobby you can make an entire hat or neck gaiter with just one skein of yarn. These make beautiful and thoughtful gifts for friends and family.

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# Standard Finger Knitting

## Four Finger Method

1. Drape the yarn over the NON-DOMINANT hand and leave a tail of around six inches.



2. With the dominant hand wrap the yarn  
\*behind the pointer finger  
\*in front of the middle finger  
\*behind the ring finger  
\*in front of the pinky finger



3. Wrap around the pinky finger and head back the other direction  
\*behind the pinky finger  
\*in front of the ring finger  
\*behind the middle finger  
\*in front of the pointer finger



At this point each finger will have one loop around it.



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5. At the very beginning  
(and only at the very beginning),  
we will repeat this entire process.

Remember:

With the dominant hand  
wrap the yarn

- \*behind the pointer finger
- \*in front of the middle finger
- \*behind the ring finger
- \*in front of the pinky finger



And then: Wrap around the pinky finger  
and head back the other direction

- \*behind the pinky finger
- \*in front of the ring finger
- \*behind the middle finger
- \*in front of the pointer finger

At this point each finger  
will have TWO LOOPS around it.

6. When each finger has two loops,  
pull the bottom loop over the top -  
leaving the top loop still  
on the finger.

Begin with the pointer finger  
and working your way down  
to the pinky finger.



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7. When you have pulled the bottom loop over on each finger we repeat steps 2 and 3 until once again there are two loops on each finger. Just like before, pull the bottom loop over the top working from the pointer finger down to the pinky finger.



That's it!! Seriously!! It's just seven steps and you know how to finger knit! After just a few rounds it starts to look so beautiful. You can make long finger knitting chains and use them for decorations like garland or you could tie a few long chains together and make a beautiful scarf! Add some handles on the end and make a jump rope. There are many options!





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# Taking a Break

If you need to take a bathroom break or just be done for time being all you need to do is stop after you've pulled the last loop over your pinky and then stick something through the four remaining loops on your fingers. This holds the stitches in place for when you want to begin again. A stick or a pencil would work. We like to use a pipe cleaner and then twist the ends up and around to keep everything snug and in place.



# Tying Off

Tying off is extremely easy.

1. Pull the index finger loop off and put it on the middle finger. The middle finger will now have two loops.
2. Just like before, pull the bottom loop over the top, leaving one loop on the middle finger.
3. Take the middle finger loop off and put it on the ring finger. The ring finger now has two loops. Pull the bottom one up over the top.
4. Do the same thing on the pinky finger.
5. When there is one loop left, pull it off of your finger, feed the tail through and pull it snug!

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# Further Projects

Use your finger knit chain as a seasonal garland around your home. Use different color skeins for the different seasons. Tie several chains together to form a beautiful scarf. Add some wooden handles or wooden sticks to the ends and use your chain as a jump rope.



Once you're a pro at the chains, snag a finger knitting book from the library and move onto hats, neck gaiters and more!

