



Mindful

UK Terms

A crochet pattern
to calm the mind

by Shelley Husband

[@craftastherapy](#) over on Instagram began with Mandy of [@redagape_styleanddesign](#) who began posting her crafty pursuits tagged with [#craftastherapy](#). The # soon took off, and a lovely caring, supporting community was born.

I designed this simple pattern and tagged it with [#craftastherapy](#) It occurred to me soon after that the pattern may be a good one to share with the community and so here it is.

Mandy, who began the [#craftastherapy](#) tag, has this to say about the community :

"What is Craft as Therapy? I have always loved craft and often bounced from one hobby to another, but it wasn't until I was experiencing a particularly stressful period of my life, that I began to craft as a form of therapy. A self diagnosed 'instagram addict' I began to tag some of my projects with [#craftastherapy](#). I was stunned by the response I received and shortly afterwards many fellow crafters started using the tag. It became apparent to me how important craft is as a form of therapy, not just for me, but for many others. The hashtag continues to grow, as does the number of followers for [@craftastherapy](#) and a beautiful community has blossomed. Does craft make you happy? Relieve stress? Distract you from illness? To read more on how to join our supportive community visit <http://redagapeblog.com/category/about-redagape/about-craftastherapy/>"

This is a simple 4 round repeating pattern. Once you have memorised the pattern, you can continue to make the square as big as you like or stop after Round 4 to make a small square.

You will need...

Yarn and Hook

Any yarn will do. Simply use the hook recommended on the label.

Notes...

If changing colours, I suggest you end the round with "ch 2, join with ss" and attach your new colour with a standing stitch. My video showing how is [here](#).



Abbreviations

ch = chain

ss = slip stitch

st/s = stitch/es

st ch = starting chain - included as a stitch

dc = double crochet : video [here](#)

htr = half treble crochet : video [here](#)

tr = treble crochet : video [here](#)

dtr = double treble crochet : video [here](#).

Pattern Instructions

Begin with a magic circle, or ch 4, then join your last chain to the first with a ss to form a ring.

*Round
1*

ch 4 (st ch), *ch 1, dtr, ch 1**, dtr, ch 3, dtr*, repeat from * to * twice and from * to ** once, dtr, ch 1, join with htr to 4th ch of st ch.

{3 sts & 2 x 1 ch sps along each side and 4 x 3 ch corner sps}

*Round
2*

2 dc over joining htr, *2 x [dc in next st, dc in 1 ch sp], dc in next st**, (2 dc, ch 2, 2 dc) in 3 ch sp*, repeat from * to * twice and from * to ** once, 2 dc in same sp as first sts, ch 1, join with dc to first dc.

{9 sts along each side and 4 x 2 ch corner sps}

*Round
3*

ch 3 (st ch), *tr in next 9 sts**, (tr, ch 2, tr) in 2 ch sp*, repeat from * to * twice and from * to ** once, tr in same sp as first st, ch 1, join with dc to 3rd ch of st ch.

{11 sts along each side and 4 x 2 ch corner sps}

*Round
4*

dc over joining dc, *dc in next 11 sts**, (dc, ch 2, dc) in 2 ch sp*, repeat from * to * twice and from * to ** once, dc in same sp as first st, ch 1, join with dc to first dc.

{13 sts along each side and 4 x 2 ch corner sps}

*Round
5*

ch 4 (st ch), *6 x [ch 1, skip 1 st, dtr in next st], ch 1, skip 1 st**, (dtr, ch 3, dtr) in 2 ch sp*, repeat from * to * twice and from * to ** once, dtr in same sp as first st, ch 1, join with htr to 4th ch of st ch.

{15 sts along each side and 4 x 3 ch corner sps}

To continue the pattern...

From here on in, you are simply repeating Rounds 2 - 5.

The changes for each round will be :

Round 2

The number before the [...] increases by 5 each time you repeat it so Round 6 would be *7 x [...] and Round 10 would be *12 x [...] etc.

The stitch count number along each side will increase by 10 sts each repeat.

Round 3

How many sts you are working into increases by 10 each time you repeat it so Round 7 would be *tr in next 19 sts** and Round 11 would be *tr in next 29 sts** etc.

The stitch count number along each side will increase by 10 sts each repeat.

Round 4

How many sts you are working into increases by 10 each time you repeat it so Round 8 would be *dc in next 21 sts** and Round 12 would be *dc in next 31 sts* etc.

The stitch count number along each side will increase by 10 sts each repeat.

Round 5

The number before the [...] increases by 5 each time you repeat it, so Round 9 would be *11 x [...] and Round 13 would be *16 x [...] etc.

The stitch count numbers along each side will increase by 5 sts each repeat ie 5 more sts & 5 more ch sps.

And that's all there is to it. ☺

Enjoy!

Feel free to sell anything you make with the pattern. A link back to me would be nice if you use it and share online - "Pattern by Shelley Husband" or Spincushions.com would be brilliant. Thank you ☺

For more crochet fun, visit <http://spincushions.com/>. If you need to contact me for any reason, please feel free to do so by email : shelley@spincushions.com. Enjoy!

