Crochet Benefits for Mind & Body

Crocheting isn't just fun, it's great for your mental well-being and coordination:

- **Relaxes the Mind –** Helps with stress and also mindfulness.
- **Improves Fine Motor Skills –** Keeps your fingers nimble and flexible.
- **Boosts Coordination –** Sharpens hand/eye coordination and focus.
- **Strengthens Joints –** Regular motion helps keep your fingers and hands healthy.

Meet Your Instructor: Monique Swanepoel

Monique, a creative crocheter and artist, finds calm and focus in crochet. Her passion is to share this therapeutic craft, especially for mindfulness and creativity.
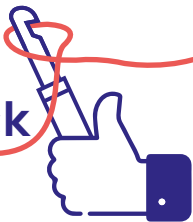
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Remember, don't beat yourself up when you don't get it the first time.

Good Luck

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THE ART OF UNWINDING

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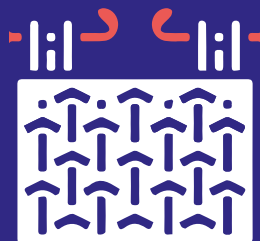## THE ART OF Crochet

WORKSHOP INSTRUCTOR:
Monique Swanepoel

Welcome to Crochet 101

What is Crochet?

Crochet is a simple, hands-on craft where you use a small hook and yarn to create cosy items like blankets, clothing, and gifts. It's easy for anyone to learn, offering a relaxing and creative way to unwind.

Why Should You Try Crocheting?

Crocheting can feel like a moving meditation. It keeps your hands busy, letting your mind relax and focus. Here are some reasons people love it:

Creative Expression:
Make something unique and personal.

Relaxation:
Helps relieve stress and calm the mind.

Portable Craft:
You can crochet anywhere!

Personalised Gifts:
Handmade items make heartfelt presents.

Skill Development:
Build a rewarding new hobby step-by-step.

What to Expect in This Workshop

In this workshop, you will learn the basic crochet techniques: how to make simple stitches, choose the right yarn, and hold your hook. By the end, you'll be ready to start your own crochet project with confidence!

DID YOU KNOW?
A neuropsychiatrist at the Mayo Clinic, completed a study that showed knitting is neuroprotective and may reduce dementia by as much as 50%.

Your Crochet Gear

To get started, you'll need some basic supplies:

- **Crochet Hooks** – Choose the size that feels best in your hand.
- **Yarn** – Any yarn is fine for beginners; try a medium-weight yarn to start.
- **Wool Needle** – For weaving in loose ends.
- **Scissors** – Small scissors work best.
- **Stitch Markers** – Optional, but useful for keeping track of stitches.
- **Measuring Tape** – Optional, to check sizing.

BEGINNER TIP: You can find these items affordably at most craft stores!

Stitches to Get You Started

Here are the core stitches that every beginner should know. Follow each simple exercise to practice:

1. Slip Stitch (sl st)
The foundation stitch for starting crochet.

Exercise:
- Wrap the yarn around your index and middle finger, crossing them.
- Insert the hook under the first strand and over the second, then pull the hook under.
- Remove your fingers, hold the loose ends, and pull tight to create a loop on your hook.

2. . Chain Stitch (ch)
Creates a foundation chain to build on.

Exercise:
- Make a slip knot on your hook.
- Yarn over (wrap yarn over the hook) and pull through the loop.
- Repeat to form a chain of stitches. Practice until your loops look even.

3. Single Crochet (sc)
Forms a solid, dense fabric.

Exercise:
- Insert your hook into the second chain stitch from your hook.
- Yarn over, pull through the loop (you should have two loops on your hook).
- Yarn over again, pull through both loops.
- Continue down the chain to practice single crochet stitches.

4. Double Crochet (dc)
Adds height to your stitches for a looser fabric.

Exercise:
- Chain three stitches as a base.
- Yarn over, insert your hook into the stitch, yarn over and pull up a loop.
- Yarn over, pull through two loops, yarn over again, and pull through the remaining two loops.