

Knit your own green heart

Imagine a world safe from climate change. A world where all the things we love — our favourite places, our families, our passions — not only survive but thrive in the years to come. The good news is this world is still within reach, if enough of us show how much we care.

This Valentine's Day, green hearts will spark conversations about the places we love and the future we want for our children. Make, wear and share yours to help the love be felt by those who can make a world of difference.

*This project was created by Stephanie Pawling,
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What you will need

Small heart: Small amount of 4-ply yarn; 2³/₄ mm (No.12) knitting needles.

Medium heart: Small amount of DK yarn; 3¹/₄ mm (No.10) knitting needles.

Medium-to-large heart: 1 x 50g ball of DK yarn; 4mm (No.8) knitting needles.

Large heart: 1 x 100g ball of DK yarn; 5¹/₂ mm (No.5) knitting needles.

All hearts: Selections of narrow ribbons, rosebud and beads trimmings (optional). Stuffing.

Abbreviations:

K, knit; p, purl; st, stitch; tog, together; skpo, slip 1, k1, pass slip st over; up1, pick up loop lying between sts and k into the back of it; ss, stocking stitch (k on right side and p on wrong side).



Small heart knitting pattern

Using 2³/₄mm needles and 4-ply yarn, cast on 2 sts. Beginning with a k row, ss 2 rows. 1st increase row: K twice in first st, up1, k1 - 4 sts. P 1 row.

2nd increase row: K1, up1, k to last st, up1, k1. Repeat last 2 rows, 8 times more - 22 sts. Ss 3 rows, then work 2nd increase row again - 24 sts. Ss 4 rows.

Dividing row: P12, turn and work on these sts only.

Next row: K1, k2tog, k9. P 1 row.

Next row: K1, k2tog, k to last 3 sts, skpo, k1. Repeat last 2 rows, twice more - 5 sts.

Next row: P1, p3tog, p1 - 3 sts. Cast off. With wrong side facing, rejoin yarn at inside edge to remaining 12 sts and p to end.

Next row: K9, skpo, k1. P 1 row.

Next row: K1, k2tog, k to last 3 sts, skpo, k1. Repeat last 2 rows, twice more - 5 sts.

Next row: P1, p3tog, p1 - 3 sts. Cast off. Make one more piece. Join pieces together, leaving an opening. Stuff firmly and close opening. Make a hanging loop at centre of heart. Add trimmings.

Medium heart knitting pattern

Using 3¹/₄mm needles and DK yarn, work as given for small heart.

Medium-to-large heart knitting pattern

Using 4mm needles and two strands of DK yarn together, work as given for small heart.

Large heart knitting pattern

Using 5¹/₂mm needles and four strands of DK yarn together, work as given for small heart.