

# Worry Monster Pattern

## MONSTER FUN!



This advice comes from Val in East Yorkshire (who also invented the Emotiknits pattern).

Val says:

“A worry monster is a stuffed character that has either a mouth (preferably) or a pocket in which a child can place a piece of paper onto which they have either written down or drawn a worry. The monster eats or carries off the worry. A child could be given an envelope, a paper bag or even an oven glove to serve the same purpose. A worry monster is more effective because it *engages* the child.” Please see the page “What are Worry Monsters?” on the website for more details of how they work in therapy.

“The following patterns are suggestions as to how to make your monsters more engaging.

As you’ll know, there are three qualities that attract a child’s attention:

**Colour:** No matter how basic your body colour yarn, you can introduce colour by adding any or all of the following features: eyes, nose, tongue, teeth, ears, horns, hair, arms/hands, legs/feet, tail, wings, pockets, accessories (bow, tie, bag,)

Colour combinations can be as outrageous as you like. Forget what colour goes with what, the brighter the better.

**Personality:** A monster’s personality is created by its facial features. Patterns follow for felt eyes, googly eyes, round eyes, eye lids, eyes on stalks, round nose, beaky nose, hair and various ears.

**Movement:** Moveable parts are what gives a monster play value and are useful for therapists’ role play even with older children and adolescents. Hair, eyes on stalks, arms, legs, ears, tail and wings all have potential.”

**PLEASE READ THE SAFETY GUIDANCE AT THE END OF THIS PATTERN BEFORE YOU START, THANK YOU (page 21).**

After knitting your basic monster please choose from the following **pattern additions**. Your monster should have **a minimum of 3 of the following features please** (and of course all of them if you wish!)

**Legs, feet, arms, hands, tail, ears, nose, hair, eyes, googly eyes, eyes on stalks, wings, horns.** Please be as creative as you like, these are just suggestions to get you started, and other ideas for characteristics are very welcome.

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## MATERIALS

**Chunky yarn** – small amounts in various colours/textures – bright colours are the best!

**Super chunky yarn** is optional for some of the following pattern additions – please see further down to make your choice of additional features.

**DK yarn** is used in some of the pattern additions.

**4" zip (optional)**

**Toy filling – IMPORTANT!** – this must be approved for toys and have had a BS or CE label on the original packaging (no other fillings are suitable sorry)

**6mm needles for the main body and 3.75mm needles for some of the additions**

**Embellishments** – please note that for the eyes there are various ways of doing them. You could use **small pieces of white, black and coloured felt** as in the picture, or knit “googly eyes”, see pattern for those below. For eye lashes use **black knitting yarn**. Although buttons for eyes are possible, we now prefer felt or knitted eyes, however small buttons for the pupil are fine (securely attached).

## Abbreviations

beg: beginning

C&T: cut and thread. Cut working yarn leaving a long tail. Thread it onto a tapestry needle and thread it through the stitches remaining on your knitting needle. Pull tight and fasten, but do not break yarn as it will be used for sewing up.

DK: double knitting yarn

k: knit

k2tog: knit 2 stitches together

kfb: knit into the front and the back of the same stitch

p: purl

ss: stocking stitch. One row knit, one row purl

st: stitch. Sts: stitches

s1,k1,psso: slip one stitch from left to right needle, knit the next stitch. Pass the slipped stitch over the knitted stitch, thus decreasing one.

ws: wrong or reverse side of knitted fabric

**NB:** All pattern pieces should be sewn together on the right side of the fabric. Pick up the two strands of the end stitch in each row, weaving from one side to the other, bringing the sewing yarn from under each stitch, over the top and back under the opposite stitch.

## BASIC KNITTED MONSTER PATTERN

To see what a basic monster without any additions looks like please go to the website Gallery, where you'll find examples, however, as a result of feedback from therapists we are now asking that you add on some extra features in order to make the monsters as child-friendly as possible.

**Please add at least 3 of the additions listed on Page 2 of this pattern,** (see index list of patterns for lots of ideas), and more if you like. Please do contact Clare with any questions about the suitability of your own added features.

Your finished monster can vary in size but ideally should be no smaller than approx. 12" from top of head to the bottom of the body, (not counting the legs – they can be as long as you like!) – we love large monsters, however, owing to the restriction of our box sizes please ensure the body of your monster is no more than 17" long (legs don't count as they can be folded back when packed).

**BODY** Cast on 40 stitches and knit 40 rows in stocking stitch (this can be all in one colour, or using variegated yarn or stripes, whichever you like.)

### MOUTH OPENING

Row 41 – K12, cast off 16sts, K to end

Row 42 – P12 cast on 16sts, P to end

Knit a further 28 rows in stocking stitch, do not cast off.

Thread yarn through stitches as you take them off the needle, draw up and fasten off.

### MOUTH PIECE

Cast on 18 stitches, Knit 40 rows, cast off.

**It's not necessary to add buttons as closures,** as in these monsters the pocket is deep and will hold the worry papers in absolutely fine, and when the mouth is open it gapes just like a real mouth would! However if you can add a zip it does add to the fun of the monster, so the zip is optional.

#### Option 1 Without zip or closures

Fold mouth piece in half and sew two side seams. Sew opening of mouth piece to each side of mouth opening using blanket stitch, remove all pins.

#### Option 2 Adding a zip

Sew zip firmly into mouth opening, this is done by hand using strong thread, preferably embroidery thread. Sew cast on and cast off edges of mouth piece to inside of zip. Sew up sides of mouth piece, remove all pins.

### MAKING UP

Sew long back seam together, fill softly with toy filling, sew bottom seam and finish off. To comply with safety rules please take particular care when sewing up the seams and ensure that no stuffing could get out, and that you have used **approved toy stuffing** which has a **CE or BS safety label** attached to the packaging.

Patterns kindly donated by Val in East Yorkshire

**SUPER CHUNKY, SUPER SPEEDY ARMS, LEGS AND HAIR - NB. super chunky yarn needed for these.**

**SUPER CHUNKY HAIR:**



You can quickly and easily add colour and movement to a monster by adding 'dreadlocks.'

Cut 18 lengths of super chunky yarn each length twice as long as you want the hair to be. Crown of head to about eye level looks good.

If your super chunky happens to be one of the softer more loosely plied yarns that unravels easily, tie a knot at the very ends of each length to prevent the shedding of loose fibres.

Place the strands in pairs and knot them together easing the knot to come in the middle.

Using matching sewing thread, sew each knot firmly, working around the crown of the monster's head, sewing knots to fabric and to each other as you go. 9 pairs of strands are usually just right. Trim fringe shorter if preferred. For safety all strands should be completely firm and unable to be pulled out.

**Speedy ARMS AND LEGS:**



The super chunky is going to be plaited, so you need to work in groups of three.

Decide how long you want arms or legs to be and cut about 18 strands of yarn twice as long as desired finished length. Fatter legs need more strands, but always in multiples of three.

Knot all 18 strands together in the middle.

Using matching sewing thread, sew knot to body at shoulder or top of leg, sewing all round the knot. Have a second length of sewing thread ready to secure finished plait. Divide the strands into three equal groups and plait firmly. Wrap thread round end of plait, knot tightly a couple of times, then thread each end of the thread onto a sewing needle and pass the thread round and through the plait ends until secure. Trim end of plait evenly to about 1-2 cms for hands and feet.



All the following patterns use double knitting yarn and 3.75mm knitting needles.

Always use a long tail cast on using a longer tail than needed for the number of stitches required, and also leave a long tail at cast off. These tails are used for sewing pieces together and for attaching them to the monster. When attaching pieces to the monster always sew around both sides of each piece, even if only attaching a single layer of knitted material.

### SIMPLE ARM OR LEG



Decide how wide and long you want your limbs to be. As a general rule an arm should stretch from shoulder level to the bottom of the monster body. The leg can be the same length or longer. You may want a gap between your monster's legs or you may want them to nearly meet in the middle when attached. You can make them all the same colour, you can change colours to indicate hands or feet, or stripes look particularly good. If you do 2 row stripes the contrast yarn carries up the side without problems and it's extra easy to count how many rows you've done to get a match.

#### For a rounded foot or hand

Cast on 14/16/18/20/22sts

Ss approx 30 rows – if you want stripes change colour after each few rows (choose 2, 4, or 6)

\*Change colour at this point for hand or foot if you wish. Ss 8 further rows.

If you want a rounded end k2tog to end of row. C&T for smallest size, or P 1 row

K2tog to end. C&T.

Make a slim sausage of stuffing and sew up side seam around it. Lightly stuffed arms and legs are much more mobile than stiff firmly stuffed ones. Please ensure that you are using toy-safe stuffing.

### If you prefer a shaped foot as in picture 4

Cast on 22 sts

St st approx 30 rows – if you want stripes change colour after each few rows (choose 2, 4, or 6)

Change colour for foot if you wish

St st 2 rows

Shape foot

K6, kfb into next 10sts, k6 (32 sts)

P 1 row

K6, (k1, kfb) 10 times, k6 (42sts)

Work 3 rows

Shape toe

K19, k2tog tbl, k2tog, k19 (40 sts)

P2tog, p18, p2tog, p2togtbl, p18, p2togtbl

Cast off

Make a slim sausage of stuffing and sew up foot and side seam around it. Lightly stuffed arms and legs are much more mobile than stiff firmly stuffed ones. Please ensure that you are using toy-safe stuffing.

- Tips: when you've sewn the foot you could stuff it and then make a roll of stuffing and lay it along the leg and sew over it.
- You can even be clever casting off by dividing your sts evenly over 2 double pointed needles. Fold foot, right sides together, then knit into one st from front needle, and one from back needle together, repeat, and cast off normally from your right hand working needle. This gives you a lovely neat ready sewn sole of foot.

## **ARMS AND HAND WITH RUDIMENTARY THUMB**

Work as for simple arm or leg until \*. (start of hand).

Change colour if you wish.

Ss 2 rows

Next row: (k1, kfb,) 3 times, k to last 6 sts, (kfb, k1) 3 times

Next and following ws rows: p

Next row: (k1, kfb) 3 times, k to last 6 sts, (kfb, k1) 3 times

Ss 3 rows

Cast off 3 sts at beginning of next 2 rows

**\*\*Next row: (k1, k2togtbl) twice, k to last 6 sts, (k2tog, k1) twice**

Next row: p

Repeat from **\*\*** until 8 sts remain

Either cast off, or C&T

Sew side seam of hand. Stuff. Place light roll of stuffing along arm and sew side seam. Arm can be left unstuffed for extra mobile limb.

## LOLLIPOP PAWS

Work arm or leg as above until colour change for hand/foot.

Ss 2 rows.

(K1, kfb) to end of row.

P next and all ws rows.

(k1, kfb) to end of row

ss 3/5 rows

(k1, k2tog) to end of row

(k2tog) to end of row

repeat last decreasing row until approx 4 - 8 sts remain. C&T

**FELT EYES** (please note that if you prefer you could use toy safety eyes in your monster.)







The secret with felt eyes is to make them bold.

The best eyes have three layers of felt, a white background, a coloured iris and a black pupil. The pupil can be a piece of black felt, or a small black button (very securely attached).

I draw round the inside of my scissor handles or around the end of a large reel of thread or a pill box lid for the largest shape. For the iris a 10p piece is about right. To form a highlighted pupil use either a small black or dark button sewn with white thread, or a small black circle of felt with a small stitch or two of white thread in the middle (or a French knot) also works well.

Eyes without a highlight tend to look a bit expressionless and vacant. Always try to add a stitch or two of white to make the monster look alive. Blank expressions are a disadvantage of using a single coloured large button that is stitched from behind.

Experiment with the placing of the iris and pupil on the main part of the eye. You can have both eyes looking to one side; looking towards each other; both looking up or looking down. Looking in opposite directions is disconcerting and best avoided. Looking straight ahead with the iris in the centre of the eye is also not a particularly attractive look.

You could also add some eyebrows using embroidery thread.

Felt eyes need to be sewn together and attached to the monster with ordinary sewing thread.

**See next page for more**

## GOOGLY EYES



**Cast on 12 sts.**

**Ss 7 rows.**

**Cut yarn leaving a long tail. Thread through the 12sts, pull up tightly and fasten. Sew up side seam and gather round the bottom edge. Stuff. Pull up gathering thread and fasten off. The eye is ready to be attached to the monster.**

**Metallic thread such as James C Brett's Twinkle in silver is particularly effective as it glistens. Using an indelible marker pen in black, you can colour the area around the 12 gathered stitches to create a pupil for the eye. Alternately you can sew a few straight stitches in black across the centre of the eyeball. Be wary of making the eyes too goat-like with this method. They're a bit threatening.**

## EYES ON STALKS



Using the googly eye pattern but with 10 sts and 5 rows, create the eyeball.

Stalk: Cast on 20 sts.

K 2 rows.

Cast off

Sew the cast on edge to the cast off edge. Fold the sewn roll in half and join down the middle.

Attach eyeball to one end of stalk sewing all round base of eyeball. Attach stalk to 'head' of monster.

**See next page for more**

## ROUND EYES, OR NOSES

(see the purple nose in the picture – can be a nose or an eye.)



(2 sizes)

Cast on 4 (5) sts

P1 row,

Next row, kfb into every st. (8/10sts)

Beg with a p row, ss 5 (7) rows

Next row, (k2tog) to end (4/5sts)

Cut yarn leaving a long tail. Thread through remaining sts and gather all round edge. Stuff nose and pull gathers up tightly and fasten off firmly.

See next page for more



## BEAKY NOSE



Cast on 14 sts for face edge

Ss 4 rows ( or 6 if you want a really big nose)

Row 5: k5, k2tog, sl k1 pssso, k5 (12sts)

Row 6 and all following ws rows; p

Row 7: k4, k2tog, s1 k1 pssso, k4 (10sts)

Row 9: k3, k2tog, s1 k1 pssso, (8 sts)

Row 11: k2, k2tog, k1 s1 pssso, k2 (6sts)

Cut yarn leaving a long tail. Thread through the remaining sts. Join side edges. Stuff. Sew to face with seam on the underside.

## SUPER VERSATILE EAR, EYELID, DUCK FOOT AND WING PATTERN



Once you get the hang of this simple fan shaped item you will find that by varying the size or the way you attach it to your monster you can achieve all sorts of different effects.

Make two



### Smallest size (eyelid to wrap around top of googly eye)

Cast on 30 sts

Ss 2 rows

Next row: (k1, k2tog) to end (20sts)

Next row: p

Next row: (k2tog) to end (10sts)

Cut yarn leaving long tail. Thread through remaining 10 sts and pull tight. Sew up side seam (straight edges). This creates a circle. Fold the circle in half with the seam at one end. Sew along curved edge.

### Size 2 (ears); size 3 (duck feet); size 4 (wings).

Cast on 40 (50/ 60)sts

Ss 3/5/7 rows

Next row size 4; (k4, k2tog) to end of row (50 sts)

*All ws rows all sizes: p*

Next row size 4 and 3: (k3, k2tog) to end of row. (40sts)

Next row size 4,3 and 2: (k2, k2tog) to end of row. (30sts)

Next row all sizes,: (k1, k2tog) to end of row. (20sts)

Next row: (k2tog) to end of row. (10sts)

Next row: k2tog to end

C&T and make up as for smallest size.

Experiment with placing of ears and which part of the ear to sew to the monster. This pattern piece will go round corners so can be sewn part to the top of the head and part to the side. The two straight edges can be curved towards each other to make a teddy bear shaped ear. One half of the straight edge can be attached to give an elf shaped ear. The curved edge can be sewn to the monster bringing the sides towards each other to give a pointed ear. The centre of the straight edge can be attached leaving two lobes.

If using the piece for duck feet then the centre of the straight edge should be attached to the end of a leg or the base of the monster. Wings are also attached in the centre of the straight edge.

Should you want to make a ladybird or a beetle monster then the two wing cases need to be lightly stuffed before the long curved edge is sewn and the two straight edges placed side by side along the centre back and the whole wing case attached.

## HORNS



Instructions for two sizes of horns. The larger finished horn is about 9 cms long, the smaller 4.5cms. However the technique is the same whatever size fits your monster. Cast on an even number. Change the length by increasing or decreasing the number of rows knitted without shaping, then use the same shaping technique \* to \*\* for all sizes.

Cast on 20 (16) sts

Starting with a p row

Ss 9 (5) rows

Next row: \*k1, k2tog, k to last 3 sts, k2tog, k1 (18/ 14sts)

Next row: p \*\*

Repeat from \* to \*\* until 6 sts remain

Next row: k1, (k2tog) twice, k1 (4sts)

C & T through last 4 sts. Join side seam.

Stuff and attach. Please ensure that you use toy approved stuffing, which is CE or BS labelled and states on the packaging that it is suitable for toys.

## LIPS



There are three ways of making lips, which are both a colourful facial feature and a way to tidy up the join between the monster body and the mouth pocket.

### 1. Mouth pocket lips.

When knitting the mouth pocket add about 8 extra rows so that you can roll the cast on and cast off edges into a lip on the outer edge of the body opening.

Using stocking stitch or garter stitch for the mouth pocket will give different effects. A garter stitch lip is chunkier and the ridges make it easy to fold neatly to make your lip an even size along its length. A stocking stitch lip is smoother and you'll find this stitch rolls naturally. You might want to catch the lip to its self before you attach the pocket to the body, or you might find you can do both at the same time.

### 2. i-cord lips

Make a separate i-cord and sew around mouth edges after the pocket is joined to the body opening.

To make an i-cord, use two double pointed knitting needles (dpns). Cast on 3 sts. Knit 1 row. Slide sts to the other end of the needle and knit again. Repeat until desired length is reached. C & T.

Nb: there is no need to pull the yarn tight when you begin a new row. The tension evens out by itself.

This is another way of doing what used to be called French knitting, formerly made on a wooden sewing thread reel with four nails in the end and the tail of the yarn threaded through the hole in the cotton reel. You can buy knitting dollies these days, and make a slightly fatter lip with four sts. You can do i-cord with more stitches, but not many more or you get a slack stitch where your cord joins.

### 3. Applied i-cord

You can apply an i-cord edging without the need to sew it on afterwards by picking up stitches as you go. This method is used before the mouth pocket is added or body is sewn together, and worked with the wrong side or inside of the body piece facing you.

Using a pair of dpns cast on 3 sts. With the needle facing to the left pick up and knit into a stitch from the mouth opening edge. You now have 4 sts on the needle with the working yarn at the left.

Slide all four stitches the other end of the needle so the working yarn is furthest from the tip.

K the first 2 sts, k2tog. Pick up and knit in to the next stitch on the mouth edge. Slide sts to other end of needle and repeat.

Continue each row: k2, k2tog, pick up and slide. Until you get all the way around the mouth opening. Join i-cord lips together where the ends meet.

If you have sewn your monster together and have a fairly sloppy mouth pocket join you can use the applied i-cord method if you think you can pick up stitches easily around the mouth. The i-cord is neatest when applied from the wrong side, but not too bad from the right side.

**Please see next page for more ideas for additions**

Here are some alternative ear, arm and leg patterns kindly donated by Monica in Dorset.

## EARS



Chunky yarn, 6mm needles stocking stitch  
 cast on 1 st.  
 increase 1 st. at the beginning of each row until 10 sts. on needle  
 work 3 rows  
 decrease 1 st. at the beginning of each row until 1 st. left  
 pull wool through loop to cast off  
 fold ear in half, stitch 1 side seam. Stuff the ear and stitch second seam, attach to monster.

## ARMS



6mm needles stocking stitch make 2 for each arm  
 cast on 7 sts.  
 work 12 rows  
 increase 1 st. at each end of each row until 11 sts. on needle  
 work 8 rows  
 decrease 1st st. each end of knit rows until 7 stitches remain  
 cast off  
 stitch 2 arm pieces right sides together leaving opening for stuffing turn right side out  
 back stitch to mark thumb  
 stuff arm and hand leaving thumb empty



## LEGS



6mm needles stocking stitch one pattern per leg  
 cast on 8 sts. work 16 rows  
 increase 1 st. each end of each row until 16 sts.  
 work 12 rows  
 decrease 1 st. each end of each row until 8 sts. left  
 work 16 rows  
 cast off  
 fold in half right side together  
 stitch both side seams  
 turn right side out  
 back stitch 2 lines on foot to indicate toes  
 stuff leg and central toe  
 stitch open end together and attach to bottom seam of the monster





## SIMPLE PATTERN FOR FEET

Why not try this really easy pattern for feet on your monster? Pattern by Penny in Yorkshire.



**MAKE 2!**

**Cast on 20**

**Working in garter stitch knit three rows**

**Next row: Knit 4, cast off 12, knit 4**

**Next row: Knit 4, turn, cast on 12, turn, knit 4**

**Knit 3 rows**

**Repeat cast off and cast on rows**

**Knit 3 rows**

**Cast off**

**Fold in half and stitch edges together.**

**Stitch firmly to your monster using yarn.**

### SAFETY RULES FOR KNIT-FOR-NOWT ITEMS

Product safety rules apply to all items we send out, and I am required to test them before donating them. In order to comply with recommendations from Trading Standards (we never trade but the rules are the same for charity) and to comply with the insurance policy please note all the following:

- The eyes and features on items can be done with wool or embroidery yarn, pieces of felt securely sewn on or with buttons. However, buttons should be extra firmly attached - please use strong thread and sew over and over many times to be sure. All items are tested for strength before being sent out. Safety eyes for stuffed monsters or puppets are fine (please don't use them in any unstuffed item)
- All monsters should be adequately stuffed. PLEASE ENSURE that the stuffing you use has a CE or BS label on the packaging, and that it's suitable for "toys", (no stuffing with any other materials thanks). Stuffing designed for cushions, duvets or other household items is not suitable. Please also check that there is no loose stuffing inside the puppet that could potentially come out - it needs to be completely enclosed for safety – if your stitches are too wide it could be pulled out by a child, this being a choking hazard.
- Please ensure that any "hair" that you've attached cannot be pulled out. Very "hairy" yarns, such as mohair, and some sparkly yarns are also unsuitable on our items, as the strands can become detached, which is a potential choking risk. For some suggestions of how to do it safely, please go to Patterns for Hand Puppets Page on the website and scroll down to a document "Adding hair to your Puppets".
- No glue should be used, and please do check carefully that you've removed all pins – (we'll also check that again this end so we're certain.)
- No ribbons or cords longer than 6 inches
- Please sew on firmly any accessories that you've chosen, such as handbags, necklaces, shawls etc..
- If you wish to make puppets or monsters out of material and sew them that's fine.

Please bear in mind that any items which don't comply will be unable to be donated, thank you.

Knit-for-Nowt          June 2019

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