



S Y L L A B U S

Crochet and Knitting Projects

Duration: 5 Days (Total: 20 Hours)

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1.0 Course Overview

This workshop-style course provides a hands-on introduction to **crochet and knitting**, covering essential tools, techniques, and projects. Participants will learn how to read patterns, create stitches, and finish items such as scarves, coasters, beanies, or small blankets.

2.0 Learning Outcomes

By the end of this course, participants will be able to:

- Understand yarn types, tools, and crafting abbreviations
- Perform basic crochet and knitting stitches
- Read beginner-level crochet and knitting patterns
- Create small wearable and decorative projects
- Finish and assemble handmade items neatly

3.0 Training Methodology

- Step-by-Step Demonstrations
- Hands-On Practice with Immediate Feedback
- Pattern and Chart Reading Tutorials
- Peer Sharing & Troubleshooting Circles
- Mini Project Completion and Display

4.0 Introduction to Yarn, Hooks, Needles & Patterns (3 Hours)

Objectives:

- Learn about fiber types, tools, and starter patterns

Topics Covered:

- Yarn Weights and Fiber Types (Acrylic, Cotton, Wool)
- Hook and Needle Sizes
- Crochet vs Knitting Overview
- Understanding Labels, Patterns, and Symbols

Activities:

- Hands-On: Compare yarn textures and weights
- Demo: How to hold tools and begin a foundation row
- Worksheet: Decode a beginner crochet or knit pattern

5.0 Basic Crochet Stitches and Mini Project (3 Hours)**Objectives:**

- Master beginner crochet skills and build a simple item

Topics Covered:

- Slip Knot, Chain (ch), Single Crochet (sc), Half Double (hdc), Double (dc)
- Turning Rows and Keeping Tension Consistent
- Stitch Counting and Basic Shaping
- Edging and Simple Pattern Repeats

Activities:

- Practice Swatch: Rows of sc, hdc, dc
- Mini Project: Crochet a simple dishcloth or coaster
- Group Help Circle: Fixing dropped stitches and mistakes

6.0 Knitting Basics and Pattern Reading (4 Hours)

Objectives:

- Learn knitting fundamentals and build confidence with needles

Topics Covered:

- Casting On (Long Tail & Knit Cast-On)
- Knit Stitch (K) and Purl Stitch (P)
- Ribbing, Garter, and Stockinette Stitch Patterns
- Reading Simple Knitting Patterns and Abbreviations

Activities:

- Swatch: Practice alternating knit and purl rows
- Task: Knit a beginner wristband or sampler square
- Peer Coaching: Share technique tips and tension tricks

7.0 Creating Wearables: Scarves, Beanies, and Home Décor (3 Hours)

Objectives:

- Apply skills to make functional and beautiful pieces

Topics Covered:

- Increasing, Decreasing, and Shaping
- Simple Projects: Scarves, Headbands, Pot Holders
- Using Color Changes and Stripes
- Choosing the Right Yarn for the Right Project

Activities:

- Project Lab: Begin a small scarf or beanie
- Optional Challenge: Add a second color
- Group Showcase: Midway progress and creative choices

8.0 Joining Techniques, Borders, and Finishing (3 Hours)**Objectives:**

- Finish projects professionally and learn assembly methods

Topics Covered:

- Slip Stitch Joining, Sewing Seams, Mattress Stitch
- Adding Borders and Edging in Crochet
- Blocking Techniques (Wet & Steam)
- Weaving in Ends and Washing Tips

Activities:

- Task: Join two swatches or add an edge border
- Demo: Blocking a completed item
- Reflection: What finishing technique was hardest or most helpful?

9.0 Personal Projects and Pattern Modification (2 Hours)

Objectives:

- Customize patterns and express personal creativity

Topics Covered:

- Sizing Adjustments and Custom Measurements
- Adding Personal Flair (Buttons, Tassels, Appliqués)
- Modifying Patterns: Stitch Counts and Yarn Substitution
- Combining Crochet and Knitting in One Project

Activities:

- Independent Time: Begin or continue a personal piece
- Peer Feedback: Share modifications or ideas
- Planning: Sketch your own basic pattern for future use

10.0 Conclusion and Wrap-Up (1 Hour)

Key Takeaways:

- Celebrate your handmade progress and plan next steps

Final Activities:

- Showcase: Final mini project gallery
- Certificate Distribution
- Journaling: “Why I craft – and what I’ll make next”