



Beginner Cozy Cowl

Crochet Lesson and Pattern

Hasty Tortoise Crochet
By Ash Naylor

Welcome to Hasty Tortoise Crochet, where mindfulness meets creativity. Our lives today are too busy and chaotic! For me, crochet has always been a small oasis of calm in a too-noisy world. I hope you find a peace of mind, a little wisdom, and creative inspiration as you work your way through this pattern.

I invite you to find a comfortable chair, turn off the distractions, ready your yarn and hook and take a deep breath. I'm so excited that you've decided to embark on a journey to learn to crochet. You're about to discover a world full of texture, color, and creative bliss! Crochet is a fabulous art that perfectly merges beauty and utility. Remember, new skills take practice, practice, practice. So let frustrations melt into self-forgiveness and simply enjoy the journey!

Materials

- Lion Brand Scarfie: Bulky (5) (78% Acrylic, 22% Wool; One Ball: 192 yards total, 92 grams total)
 - Hook: US K - 6.50 mm
 - Yarn Needle, Scissors
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Finished Size = 30 in. around, 12 in. tall

Pattern Notes

- **[Bold brackets]** at the end of the round tell you how many stitches & what kind should be in that round
 - Mark the first stitch of each round with a stitch marker
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About this Lesson and Pattern

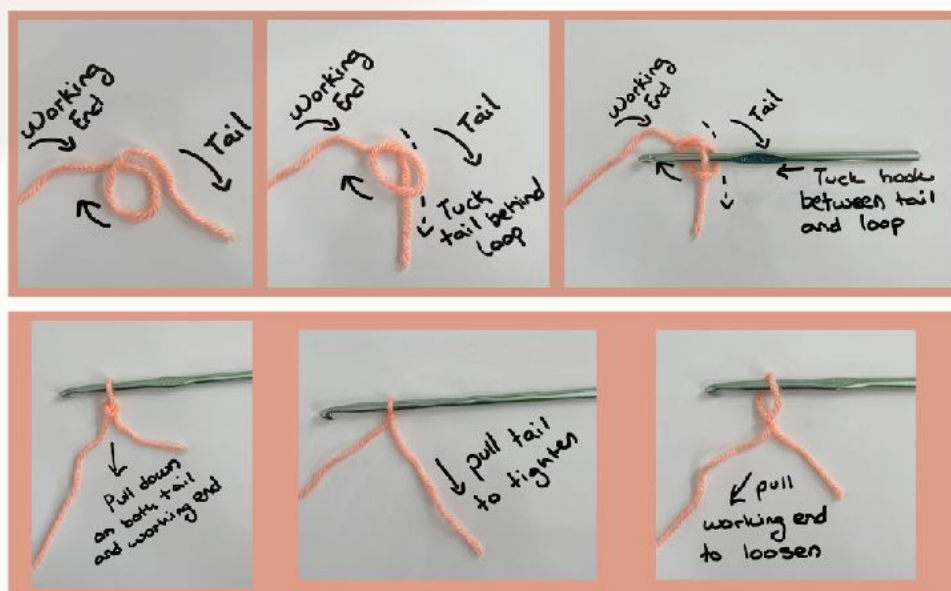
To paraphrase Lao Tzu, “A pattern of a thousand rows begins with a single stitch.” As a beginner crocheter, it’s important to begin with the basics and approach your first project stitch-by-stitch. I’ve designed this pattern to gradually guide you through the skills you’ll need to complete your first beautiful (and useful) project. Use the guides to learn and practice your stitches, then work your way through the pattern. Enjoy!

Stitch Key and Techniques

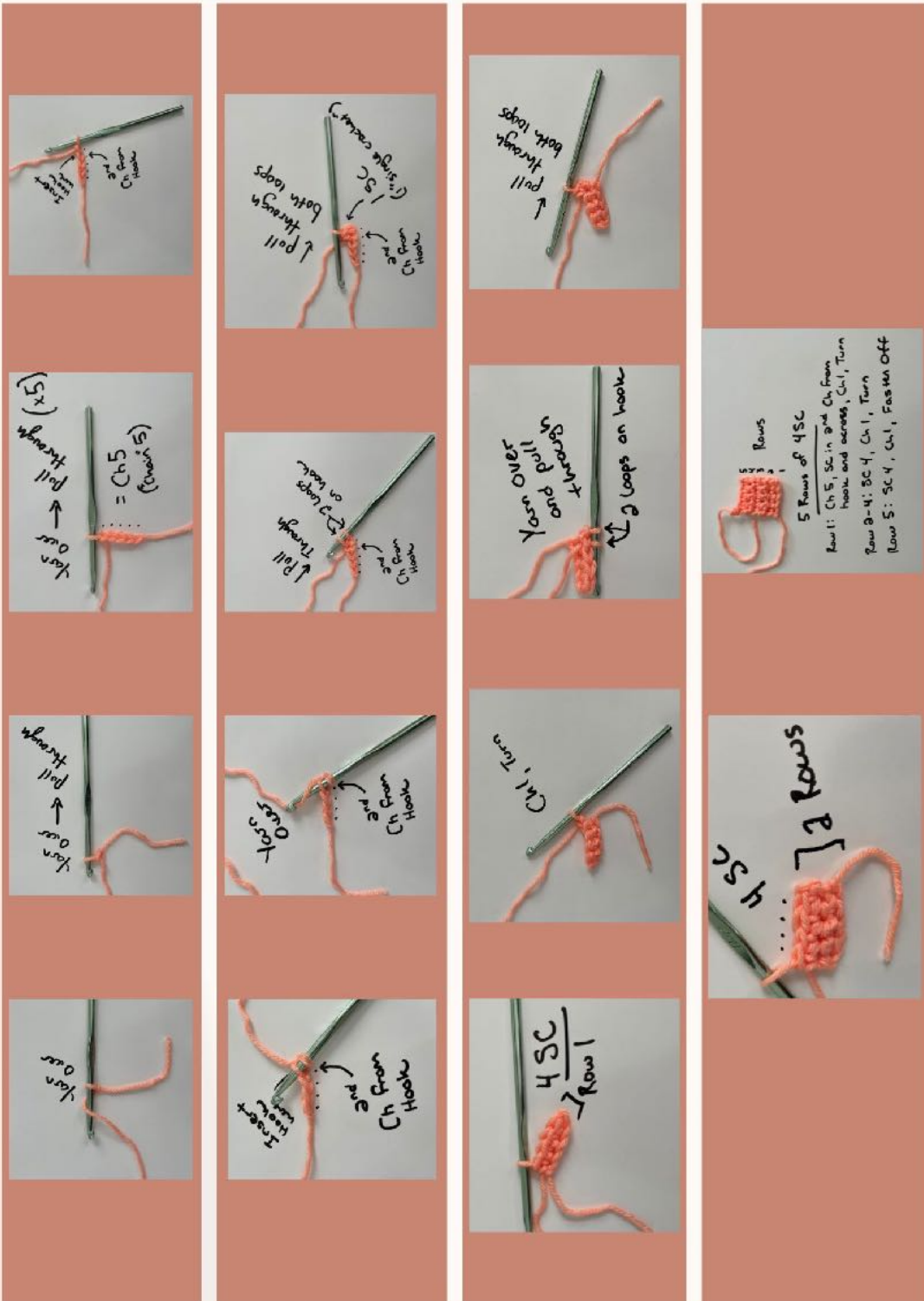
Abbrev.	Term	Technique
Ch	Chain	yarn over and pull through single loop on hook
St	Stitch	-
SC	Single Crochet	Insert hook into indicated St, yarn over and draw up a loop, yarn over and pull through both loops
DC	Double Crochet	Yarn over, insert hook into indicated St, yarn over and draw up a loop, (yarn over and pull through two loops) twice
SlSt	Slip Stitch	Insert hook into indicated St, yarn over and draw up a loop, pull this loop through first loop on hook

Top 5 Crochet Tips	
1: Practice good posture	Sit upright with back support, relax your shoulders, take frequent stretch breaks (esp. for neck, shoulders, hands and wrists)
2: Consistent tension takes practice and makes professional quality	Consistent tension leads to uniform stitches —> this is the first thing beginners should practice after learning the basic stitches. Start with easy yarns (wt. 4 or 5, lighter colors, not fuzzy), forgiving projects (small and utilitarian, not garments or afghans), and basic stitches
3: Know your pattern and take notes	Don't hesitate to write on your patterns, especially if you discover a pattern mistake, choose a different yarn or hook size than recommended, or make any other adjustments. Always read through the entire pattern before beginning your project.
4: Count your stitches	Take the time to count and double check your stitch counts. Missing and extra stitches are an extremely common beginner mistake. Use stitch markers to mark beginning of rounds and rows.
5: Tend your ends	When fastening off, trim your ends long enough (about 6") to leave plenty of room for weaving in. Weave in ends thoroughly so your projects last a long time (use the zig-zag method, weaving back and forth a couple times.)

Slip Knot onto Hook



Single Crochet Guide



Double Crochet Guide



Pattern Instructions

- **Round 1:** Ch 91. SC in second Ch from hook and across. **[90 SC foundation]** Join with a SSt to the top of the first SC, being careful not to twist the round. Ch2 (does NOT count as first DC of next round).



- **Round 2:** DC in each St around **[90 DC]**



- **Round 3:** SC in each St around **[90 SC]**



- **Round 4 - 23:** Repeat round 2 for even rounds **[90 DC]** & round 3 for odd rounds **[90 SC]**; fasten off at the end of round 23



Weaving in ends

- **Weave in ends using your yarn needle.** I like to use the zig-zag method, where I weave one way, then back the other to make sure the ends are extra secure. Loose ends means a shorter life of your project, and we all want our hard work to last a long time!



I hope you've enjoyed your introduction to crochet! Be proud of your first finished product, even if some stitches are missing or uneven. After all, life is full of uneven stitches. What's most important is that you try new things and enjoy the process!

Find me on Etsy and Instagram @HastyTortoiseCrochet

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