

## Learn To Knit: Thumb Method Cast On



1. Loop a strand of yarn over your thumb making sure the end attached to the ball of yarn is at the back and the free end is at the front. Hold the free yarn down with your fingers or it will wiggle about!



2. Stick your needle into the loop going from the front to the back and making sure it goes a good way in, not just the points



3. Bring the strand of yarn attached to the ball of yarn around the back of the needle to the front, so it is now wedged between the front of the needle and your thumb



4. Dip the needle under and towards you to catch the new loop whilst flipping the first loop over the top at the same time. Hold the yarn in your right hand tight at all times or it won't work!



5. You have made your first stitch! You might need to pull on the yarn to tighten it to the needle



6. Loop a strand of yarn over your thumb as before (step 1) Remember to hold to yarn tight or it won't behave!



7. Stick your needle in as before (step 2) remembering to go right in, not just the points



8. Bring the strand of yarn attached to the ball of yarn around the back of the needle to the front, so it is now wedged between the front of the needle and your thumb

9. Dip the needle under and towards you to catch the new loop whilst flipping the first loop over the top at the same time. Hold the yarn in your right hand tight at all times or it will escape!



10. Tighten the stitch to the needle by pulling the yarn. You have now made a second stitch. Continue steps 6 to 9 until you have as many stitches as you need