

# YesUCan Knitting Pattern



# Acknowledgement

This knitting pattern is available to anybody to use to knit a headband that helps promote the message #YesUCan. The basic message can also be knitted into other garments by scaling the lettering as required.

The pattern is only possible due to the many hours of knitting my Mother has done and the decoding by a longtime friend Ruth Mowatt. It originated out of an idea I had on 22 November 2014 when I asked my mother if she could knit a mug hug with the message. In the time it took me to watch the Wales v New Zealand rugby match the mug hug was created. This then evolved into this headband that is now worn by children and adults all over the world.

I am especially indebted to the GLOWMaths team and their inspirational leader Steve Lomax who promote the #YesUCan message every day to teachers, children and parents.

I also thank a colleague Emma Howell from Gloucestershire University and my sister Helen for testing the pattern.

I hope you get enjoyment from using the pattern and bringing a smile to people wearing the headband and believing in its message.

The two pictures are of my mother hard at work and the baby is the child of one of the most enthusiastic teachers I have met who promotes a CanDo attitude and positive belief in all children.

If you do have any pictures and you can share through social media. #YesUCan. Please!

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**Materials:- double knitting yarn, 25g main (m) colour and 10g contrast (c)  
4mm (no. 8) knitting needles**

**Note, when knitting with two colours, every two or three stitches twist the two colours together at the back of the work to help keep an even tension**

**See sketch of lettering on last page.**

Cast on 100sts

**Row 1 and row 2** k1 p1 rib

**Row 3** k1, p1, k1, p1, knit to last 4 sts p1, k1, p1, k1

**Row 4** p1, k1, p1, k1, purl to last 4sts k1, p1, k1, p1

**Row 5** k1, p1, k1, p1 k20 join contrast, knit 1c, 3m, 2c, 1m, 2c, 2m, 2c, 2m, 4c, 5m, 4c, 5m, 4c, 2m, 6c, 3m, 2c, k22m, p1, k1, p1, k1

**Row 6** p1, k1, p1, k1, p22, purl 2c, 3m, 6c, 1m, 6c, 3m, 6c, 3m, 6c, 1m, 2c, 2m, 2c, 1m, 2c, 2m, 2c, p20m, K1, p1, k1, p1

**Row 7** k1, p1, k1, p1, k20, knit 2c, 2m, 2c, 1m, 2c, 2m, 2c, 1m, 2c, 2m, 2c, 3m, 6c, 3m, 2c, 2m, 2c, 5m, 2c, 3m, 2c, knit22m, p1, k1, p1, k1

**Row 8** p1, k1, p1, k1, p22, purl 2c, 3m, 2c, 9m, 2c, 3m, 2c, 2m, 2c, 3m, 2c, 5m, 6c, 1m, 2c, 1m, 3c, p20m, k1, p1, k1, p1

**Row 9** k1, pc, k1, p1, k20, knit 6c, 1m, 6c, 5m, 2c, 3m, 2c, 2m, 2c, 4m, 2c, 6m, 4c, 2m, 4c, k21m, p1, k1, p1, k1

**Row 10** p1, k1, p1, k1, p21, purl 4c, 2m, 4c, 4m, 3c, 5m, 2c, 2m, 2c, 3m, 2c, 5m, 2c, 2m, 2c, 1m, 6c, p20m, k1, p1, k1, p1

**Row 11** k1, p1, k1, p1, k20, knit 2c, 1m, 3c, 1m, 2c, 2m, 2c, 5m, 2c, 3m, 2c, 2m, 2c, 6m, 3c, 5m, 2c, 1m, 2c, 2m, 2c, k20m, p1, k1, p1, k1

**Row 12** p1, k1, p1, k1 p20, purl2c, 2m, 2c, 1m, 2c, 5m, 2c, 7m, 2c, 2m, 2c, 3m, 2c, 2m, 2c, 1m, 2c, 2m, 2c, 1m, 2c, 2m, 2c, p20, k1, p1, k1, p1

**Row 13** k1, p1, k1, p1, k20, knit 2c, 2m, 2c, 2m, 4c, 2m, 5c, 4m, 2c, 2m, 2c, 3m, 6c, 1m, 6c, 1m, 2c, 2m, 2c, k20, p1, k1, p1, k1

**Row 14** p1, k1, p1, k1, p20, purl 2c, 2m, 2c, 1m, 6c, 2m, 4c, 4m, 2c, 2m, 2c, 4m, 4c, 3m, 4c, 2m, 1c, 3m, 2c, p20, k1, p1, k1, p1

**Rows 15 and 16** repeat rows 3 and 4

**Rows 17 and 18** repeat rows 1 and 2

Cast off in rib.

Sew side seam and weave in ends.

