

# How to Finger Knit & Make a May Crown



If you're wondering why your 4-year-old can't sit still, just remember that they have over 600 muscles that need daily exercise. While active, full body play is essential for big muscles, don't forget fine motor activities to give their small muscles a workout too.

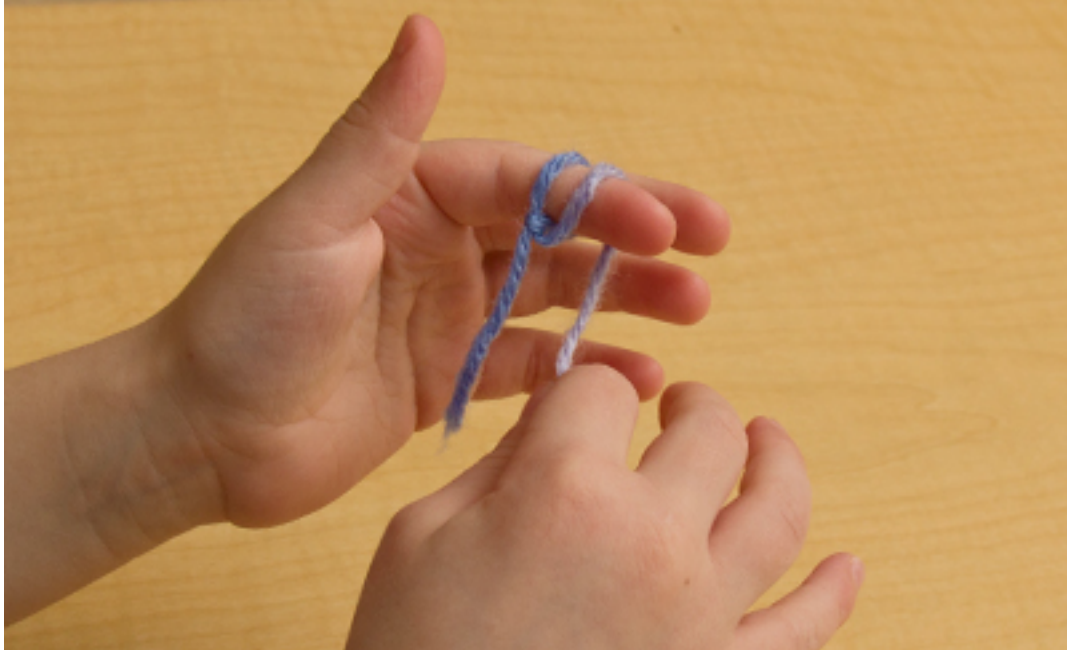
Finger knitting is a fantastic activity for preschoolers. It builds dexterity and strength in those small muscles which control the hand, fingers, and thumb—all critical for later writing skills. Finger knitting also encourages eye-hand coordination, concentration, and perseverance—all equally important for children's development. (Interestingly enough, when a child is fully engaging their small muscles, their large muscles relax and they actually can sit still!)

Do you know how to finger knit? Here are simple instructions. All you need is a small ball of yarn.

### Step by Step Instructions:



1. Start with a simple slipknot near the end of the yarn to make the first loop. Slide it onto your forefinger.



2. Loop the yarn over your finger again, above the original loop.



3. Grasp the original loop and slip it over the second loop.



4. Slide it off your finger, making a stitch.



5. Pull the "tail" so the stitch tightens.



6. Make another loop, pull the first loop over, tighten . . . repeat over and over and over.

Once your child masters the technique, they will soon be churning out yards of finger knitted cord. Kids will naturally find uses for it themselves—bracelets, headbands, or other decorative uses.

In the kindergarten, we use the image of a bird grabbing a worm through a hole. You make a bird's beak with thumb and pointer and reach into the hole grabbing the worm (string) through the hole and pulls it. If you desire a thicker chain for your May crown you may either use thicker yarn, or use two fingers for your finger knitted chain and youtube has some tutorials for reference. Once you have a long enough chain to go around your child's head, you may add the flowers. You may use real flowers from your

garden or cut some felt into a flower shape and sew them in with a needle and thread.



To make the May Crown, cut out felt into shapes of flowers and sew into crown with a needle and thread.

