






Stitch One, Chill One – Calming Reminder Sheet







A gentle one-page companion to keep nearby while you knit.

Whether you're just getting started or need a little grounding along the way, this sheet offers calming reminders, helpful cues, and tiny tips for your hands, body, and brain. Print it, pin it, or keep it by your side—it's your quiet knitting coach.

Gentle Reminders While You Knit

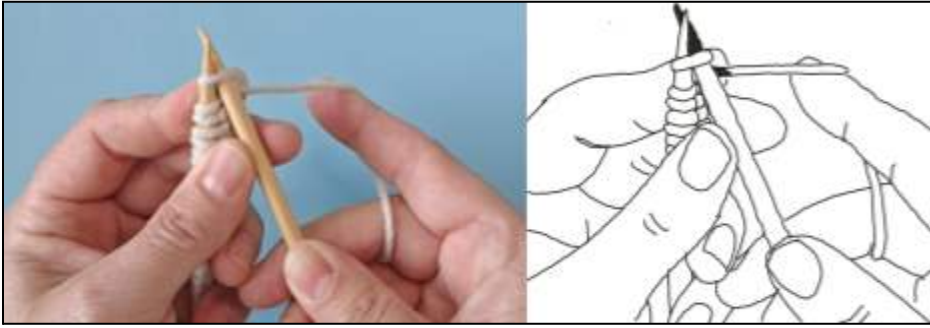
-  **Breathe.** Soften your shoulders. Let your hands rest when they need to.
 -  **Check your posture.** Comfort matters more than perfection.
 -  **Relax your grip.** The yarn doesn't need to be tight to work.
 -  **Be kind to your hands.** Take breaks, stretch fingers and wrists.
 -  **Mistakes happen.** Every knitter drops a stitch sometimes. It's okay to start again. It's also okay to keep going—even if you have too many or too few stitches. That's part of learning. That's why it's called practice.
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Helpful Tips to Remember

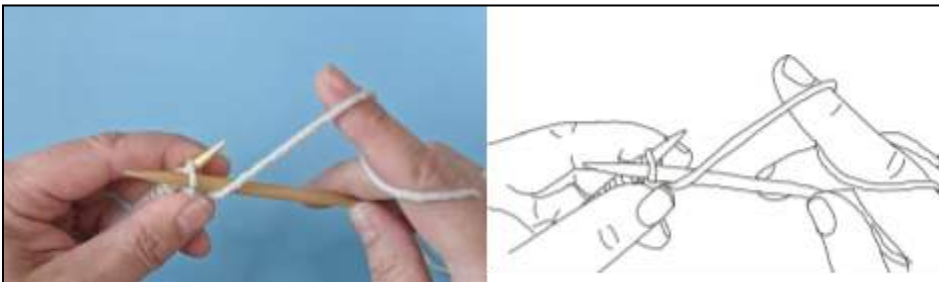
-  **Knit Stitch:** Working yarn stays **behind** the needles.
 -  **Purl Stitch:** Working yarn stays **in front** of the needles.
 -  For even stitches, try to keep your tension consistent — like a gentle hug, not a stranglehold.
 -  Short on time? Just knit one row. Progress counts, even in tiny steps.
 -  Use stitch markers or safety pins to mark the start or count rows.
 -  **Frogging** means “ripping out” stitches (you “rip it, rip it”) when you need to undo a mistake. It usually means starting over from the beginning — and that's totally okay while you're still learning. We'll cover how to fix dropped stitches later in the full course.
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Hopefully Helpful Visuals

Knit = yarn in back, insert needle from front to back, wrap yarn and pull through.




Purl = yarn in front, insert needle from back to front, wrap yarn and pull through.



Encouragement Corner

- "There's no wrong way to be a beginner."
- "Every stitch is one closer to confidence."
- "It's not about getting it perfect. It's about enjoying the moment."
- "Every expert was once a beginner."

"In the rhythm of the needles, there is music for the soul." – Anonymous

 Visit our website for the full guide and deluxe knitting support.

Wild Capo Studio

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