FREE BEGINNER TUTORIAL

How to Finger Knit

Step-by-step finger knitting with 4 or 2 fingers, the bind-off, a tree garland and a bracelet

SKILL LEVEL	TOOLS	YARN
Beginner, kids 6+	**Just your hand**	**Super bulky (#6)**
GARLAND	**BRACELET**	**TIME**
6 ft, 52 yd	**7 in, 6 yd**	**1 hour for the garland**

Materials

- Super bulky (#6) yarn, smooth (not fuzzy) so the loops slide
- Scissors; a tapestry needle for the ends; 6–8 pom-poms for the garland (optional)

Words used

weave	go behind one finger, in front of the next	**lift**	lift the bottom loop over the top and off
lay	lay the yarn across the front of the fingers	**row**	one lay + lift on every finger

Keep your fingers slightly apart and the loops loose. If a loop is tight, wiggle the finger before lifting.

Finger knitting, 4 fingers

Start	Hold the tail between thumb and index finger, at the back.	
Weave 1	Weave across: behind index, in front of middle, behind ring, in front of pinky. Wrap round the pinky and weave back the opposite way.	**(1 loop each)**
Weave 2	Weave across and back again.	**(2 loops each)**
Lift	On each finger, lift the bottom loop over the top loop and off the finger. Row 1 done.	**(1 loop each)**
Rows 2+	Lay the yarn across the front above the loops, then lift the bottom loop over it on every finger.	**(1 row)**
Bind off	Move the pinky loop to the ring finger, lift the bottom over; repeat to the index. Cut 6 in, pull it through the last loop.	

2 fingers (small hands)

Use index and middle only. Weave in a figure 8 round the two fingers and work the same lay + lift rows. The cord is half as thick.

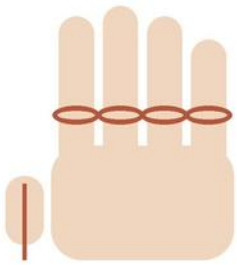
Projects

Tree garland	144 rows (72 in). Tie a pom-pom every 10 in.	**(52 yd)**
Bracelet	14 rows (7 in). Knot the ends together, trim.	**(6 yd)**

How to Finger Knit

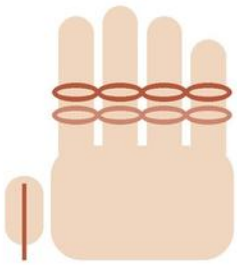
Left hand, palm facing you. Orange = the newest loop, light = the older one.

1 · Tail and first weave



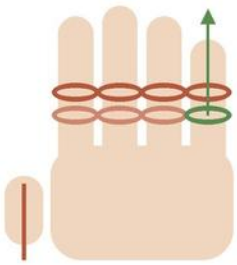
Trap the tail between thumb and index. Weave behind, in front, behind, in front, round the pinky and back.

2 · Weave again



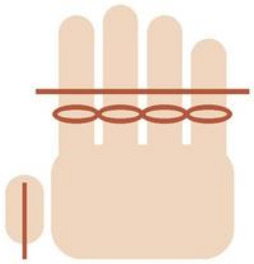
Weave across and back once more. Every finger now has 2 loops.

3 · Lift over



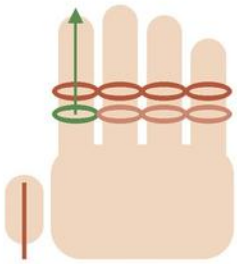
On each finger lift the bottom loop over the top one and off the back. Start with the pinky.

4 · Lay across



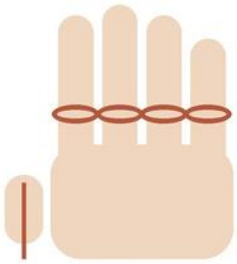
1 loop on each finger. Lay the yarn across the front, above the loops.

5 · Lift again



Lift the bottom loop over the new strand on every finger. That's one row. Repeat 4 and 5.

6 · Pull the tail



Every few rows, tug the tail down at the back of the hand: the cord grows there.

How to Bind Off Finger Knitting

Move a loop to the next finger and lift the bottom one over, three times, then pull the tail through



1 loop each

pinky → ring, lift over

ring → middle, lift over

middle → index, lift over

cut, pull through, done

Tie the two tails together if you're making a loop (bracelet, headband), or weave them in.

Finger Knitting Calculator

Super bulky (#6) yarn · about 0.5 in of cord per row · about 0.32 yd of yarn per row with 4 fingers

Project	Length	Rows	Yarn (4 fingers)	Yarn (2 fingers)
Tree garland	72 in	144 rows	52 yd	27 yd
Bracelet	7 in	14 rows	6 yd	4 yd
Any cord	12 in	24 rows	10 yd	6 yd
Any cord	24 in	48 rows	18 yd	10 yd
Any cord	36 in	72 rows	27 yd	14 yd
Any cord	60 in	120 rows	44 yd	23 yd

Your hands set the numbers: knit 10 rows, measure, and divide. Loose loops make a longer, softer cord.

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