

Mindful Mosaic Blanket (Knit)

Designed by Mel Kennelly / Skill level: Easy



CONCEPT

Knitting is a practice that requires a lot of focus, intention, and mindfulness, which is why so many turn to it as a form of relaxation. We know how beneficial the rhythmic and repetitive motions of knitting can be for mental health, so we've combined these ideas with the daily emotions blanket.

Take a little time each day to sit, check in with yourself, reflect upon your day and knit a simple little square. Each day, choose a color that represents your mood. The concept is similar to a temperature blanket, but focused on your feelings instead of the weather. By the end of the 357+ days it will take to create this blanket, maybe you'll be able to notice some patterns, or just feel a bit more comfortable checking in with your emotions.... But no matter what, you'll at least have a great new blanket!



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FINISHED MEASUREMENTS
Approximately 46½" / 118 cm wide
x 56½" / 143.5 cm long

YARN

BERROCO PIMA 100 (100g):

Yarn amounts will vary depending on your mood, but we used approximately 2 hanks per color. Because the colors will be scattered in small squares, dye lots don't matter, so feel free to buy yarn as needed.

#8414 Day Lily

#8429 Zinnea

#8463 Iris

#8480 Powder Blue

#8489 Sage

#8424 Globe Thistle

#8452 Lavender

#8401 Magnolia

NEEDLES AND NOTIONS

Knitting needles, size 7 / 4.5 mm
or size to obtain gauge

GAUGE

1 mitered square (20 rows) = 2½"
/ 6 cm

*Gauge is measured after blocking.
To save time and ensure accurate
measurements, take time to check
gauge.*

Berroco Pima 100™

Find this Yarn 





We recommend using yarns called for in our instructions. Every effort has been made to ensure that directions contained in this pattern are accurate and complete, however errors do occur. We cannot be responsible for variance of individual knitters, human or typographical errors.

All pattern PDFs are updated when corrections are made. In the event of finding an error, please make sure you've downloaded the most recent version.

ASSIGN YOUR COLORS

JOY

FRUSTRATION

CALM

NERVOUS

HOPE

ANGER

CLARITY

BLANKET CONSTRUCTION

Make 238 squares, using instructions below and assigning colors based on your mood. Sew squares together so that you have a blanket 17 squares wide x 21 squares long.

MITERED SQUARE

Cast on 20 sts.

Row 1 (WS): K10, pm, k10.

Row 2: (RS): Knit to 2 sts before marker, k2tog, sm, SSK, knit to end of row—2 sts dec'd.

Row 3: Knit.

Rep Rows 2 and 3 until 4 sts remain.

Next Row: K2tog, SSK—2 sts.

Break yarn and pull tail through last 2 sts and secure.

Weave in ends.



FINISHING

Arrange squares as you would like and join them using mattress stitch.

Note: Use whatever color(s) you wish for the border.

Sample used #8401 Magnolia.

Border: Side Edgings: With RS facing, begin at one end of blanket, pick up and knit 170 sts along side edge of blanket; approximately 10 sts per Mitered Square. (Exact stitch count isn't crucial but must be a multiple of 4 sts + 2 sts).

Row 1 (WS): * P2, k2; rep from * to last 2 sts, p2.

Row 2 (RS): * K2, p2; rep from * to last 2 sts, k2.

Continue in k2, p2 ribbing until edging measures 2" / 5 cm, end on WS. Bind off in ribbing. Work edging on the opposite side edge in the same manner.

Top and Bottom Edgings: With RS facing, using C8, begin at outer edge of Side Edging, pick up and knit 218 sts along end of blanket to outer edge of the other Side Edging; approximately 8 sts in each edging, 10 sts per mitered square (Exact stitch count isn't crucial, but must be a multiple of 4 sts + 2).

Work even in k2, p2 ribbing as for Side Edgings for 2" / 5 cm, end on WS. Bind off in ribbing.

Weave in all ends and block as desired.



STANDARD ABBREVIATIONS & TERMS

beg: beginning
BOR: beginning of round
CC: contrasting color
CDD: Centered Double Decrease—Slip 2 together (as if to k2tog), knit 1, pass the 2 slipped stitches over
cn: cable needle
dec: decrease
dpn(s): double pointed needle(s)
end on WS: end having just completed a Wrong Side row.
end on RS: end having just completed a Right Side row
Garter St: Knit EVERY row when working back and forth in rows. Knit 1 round, purl 1 round when working in the round.
inc: increase
k: knit
k tbl: knit through the back loop(s)
k2tog: knit 2 stitches together
k3tog: knit 3 stitches together
kfb: knit in the front and back of the next st
LH: left hand
LLI: Left Lifted Increase—Insert LH needle into the purl bump one row below the st just worked on the RH needle and knit into this st (1 st inc'd)
M1: Make 1—Pick up horizontal strand between stitch just worked and next stitch from front to back, place on left hand needle, knit this stitch through the back (1 stitch increased).
M1L: Make 1 Left—Work as for M1.
M1p: Make 1 purl—Pick up horizontal strand between stitch just worked and next stitch from front to back, place on left hand needle, purl this stitch through the back (1 stitch increased).
M1pL: Make 1 purl Left—Work as for M1p.
M1pR: Make 1 purl Right—Pick up horizontal strand between stitch just worked and next stitch from back to front, place on left hand needle, purl this stitch through the front (1 stitch increased).
M1R: Make 1 Right—Pick up horizontal strand between stitch just worked and next stitch from back to front, place on left hand needle, knit this stitch through the front (1 stitch increased).
MC: main color
p: purl
p tbl: purl through the back loop(s)
p2tog: purl 2 stitches together
p3tog: purl 3 stitches together
pat(s): pattern(s)
pm: place marker

psso: pass slipped stitch over knit stitch
rep: repeat
Rev St st: Reverse Stockinette Stitch—Purl 1 row, knit 1 row alternately when working back and forth in rows. The purl side is the right side of the work. Purl EVERY round when working in the round.
RH: right hand
RLI: Right Lifted Increase—Insert RH needle into the purl bump of the next st on the LH needle and knit into this st (1 st inc'd)
rnd(s): round(s)
RS: right side
sl: slip
sm: slip marker
SSK: Slip 2 stitches knitwise, insert point of left hand needle through fronts of these 2 stitches and knit 2 together.
SSP: Slip 2 stitches knitwise, transfer these 2 stitches back to left hand needle, purl 2 together through the back loops.
SSSK: Slip 3 stitches knitwise, insert point of left hand needle through fronts of these 3 stitches and knit 3 together.
st(s): stitch(es)
St st: Stockinette Stitch—Knit 1 row, purl 1 row alternately when working back and forth in rows. The knit side is the right side of work. Knit EVERY round when working in the round.
tbl: through back loop(s)
w&t: wrap and turn, a method of concealing a hole created in short row shaping. On RS rows: With yarn held in front, slip next stitch purlwise, then bring yarn between needles to the back. Slip that same stitch back to the left needle. Turn your work. On WS Rows: With yarn held in back, slip next stitch purlwise, then bring yarn between needles to the front. Slip that same stitch back to the left needle. Turn your work. Unless otherwise indicated, each time you come to a wrapped stitch when working subsequent rows, slip the wrap back over stitch and onto needle, then work the wrap together with its accompanying stitch.
WS: wrong side
wyib: with yarn in back
wyif: with yarn in front
yo: yarn over

QUESTIONS?

Scan the QR code for the Berroco Learning Center where you will find our fit guide, how-to videos, the complete glossary and more.

