POLUSHKABUNNY

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HELLO, CREATIVE SOUL!

My name is Mariia Ermolova, and I am thrilled to introduce myself as the designer behind PolushkaBunny Toys. It warms my heart to see your love and support for this project, and I sincerely hope that it brings you endless fun and joy.

I highly recommend that you read all the recommendations and tips carefully to make the most of your knitting experience. Happy knitting!

You are welcome to sell finished toys – in limited series and handmade by you. Please include a link or reference to my shop www.polushkabunny.com, if you will list it on Internet.

SIZE:

GRINCH is approx. 38cm/16 inches tall.

YARN

I prefer using 10 ply/aran/worsted wool texture yarn. The yarn should be about 100 meters for every 50 grams (length and weight are the most important factors, so please keep them in mind when choosing your yarn). You can use a different texture yarn, but be sure to check the tension/gauge.

For this project, I used red and white stripes for the Grinch's body and arms because I ran out of green yarn. If you'd like, you can make the entire body in green without the stripes!

		COLORS&YARN BRAND	TOTAL FOR A PROJECT
Off-White		Cascade 220 Yarn col.8010 Natural	approx. 20g/40m
Green		Cascade 220 Yarn col.1002 Leaf Green	approx. 60g/120m
Dark Green		Cascade 220 Yarn col. 8267 Forest Green or YarnArt Jeans col.82	A little amount (nose)
Red		Cascade 220 Yarn col.2425 Provence	approx. 20g/40m

Yarn ideas:

Cascade 220 Yarn
- Drops Lima / Drops Air
- Nako Super Inci Hit Tweed
- Lana Grossa Meilenweit 8-fach;

Suitable yarn brands:

All patterns by @Polushkabunny are assigned a category. Each category has a list of the yarns. That means you can choose any yarn from the recommended yarn list. For example, Knitting Pattern "Grinch" has a category E, you can check the full yarn list (this file will be updated) here: https://www.polushkabunny.com/yarn-substitutes-patterns-polushkabunny

All the patterns of the E category can use any yarn from the E category yarn list.

PATTERN CATEGORY
B,E,J

TOOLS

A pair of 3mm one pointed needles or circular needles with a cord (work in rows).
Tapestry needle for sewing parts together (short and long)

GAUGE/TENSION

12 stitches x 16 rows over 5cm/2in with 3mm knitting needles (stockinette stitch). If the measurements of your swatch are slightly different, don't worry. If your sample turned out to be larger than the reference, then your yarn is too thick, you need to pick up the different yarn.

OTHER MATERIALS

Stuffing approx.100g	
Ø13mm black safety eyes x2	
A bit of black embroidery thread or wool (for a mouth)	

TIPS

Stuffing soft toy

The way you stuff will be crucial in determining the finished product shape. For the toy, I use a hollow fiber and I recommend putting in small amounts of stuffing and building up a shape. Try to fill up right to the end, in all corners.

Insert a tapestry needle carefully between knitted stitches from outside to move stuffing perfectly into place and 'sculpt' the stuffed pieces.
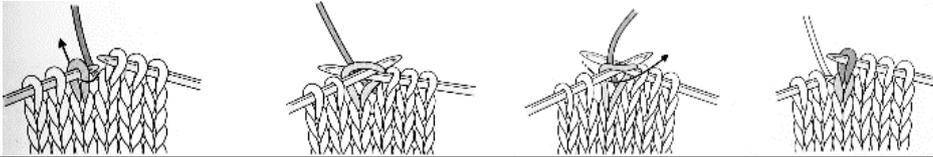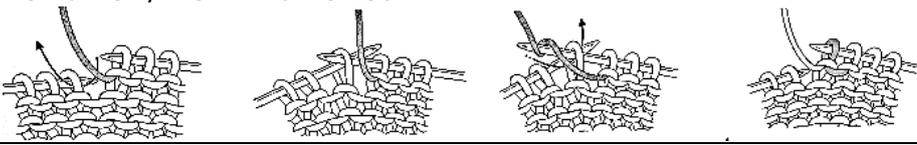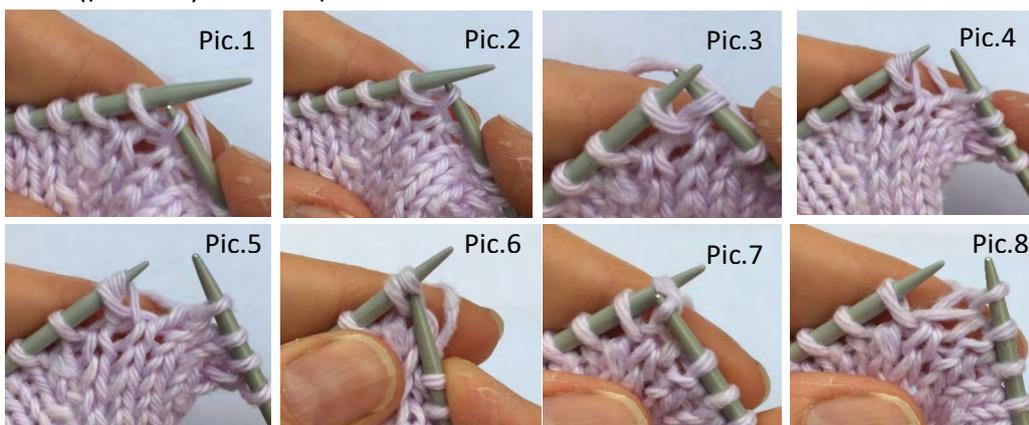
Eyes

If the toy is for a child under 3, it is recommended that you embroider the eyes for safety reasons.

You are welcome to sell finished toys – in limited series and handmade by you. Please include a link or reference to my name Polushkabunny – Maria Ermolova

ABBREVIATIONS

St(s)	Stitch/es
CO	Cast On: Pattern uses Long Tail Cast On Method
Rd	Round
slK	Slip stitch knitwise
slP	Slip stitch purlwise
K/Knit	Knit stitch / Knit All stitches
P/Purl	Purl stitch/ Purl All stitches
RLI	Right Lifted Increase +video: 1 Insert the right needle, front to back, into stitch one row below the left needle(pic.1,2.3); 2 Twist and Place the stitch on Left Needle (Pic. 4,5); 3 Knit (pic.6,7); Result pic.8
LLI	Left Lifted Increase +video: 1 Pick up the left shoulder (front to back) of the stitch 2 rows below the last stitch on your right needle with your left needle and knit (increase made); 2 Knit into the back leg of this stitch
K2tog	Knit 2 together through front loop (1 stitch decreased) +video
P2tog	Purl 2 stitches together (1 stitch decreased) +video
SSK	Slip Slip Knit: slip one stitch kwise, slip next stitch kwise, insert left needle into front of two slipped stitches and knit them together through back of loops (1 stitch decreased) +video
Stockinette stitch	Alternating your knit stitches and purl stitches row by row. In case of working in rounds knit all stitches.

Please, scan and watch video tutorial or visit ↓↓
https://taplink.cc/polushkabunny/p/knitting-pattern-grinch-mariia-ermolova/

HEAD (1 version only - Knitted flat 2 needles)
Note: Cut a piece of green yarn about 40 cm (approximately 16 inches) long; we will use this for shaping.

	Green: Cast on 24 sts using a Long Tail Cast On Method
Row 1	slP, Purl across [24]
Row 2	slK, K1, *(RLI, K4)from*rep x5, RLI, K1, P1 [30]
Row 3	slK, Purl across [30]
Row 4	slK, K8, *(RLI, K1)from*rep x12, K8, P1 [42]
Row 5	slK, Purl across [42]
Row 6	slK, K8, *(K1, RLI, K1)from*rep x12, K8, P1 [54]
Row 7	slK, Purl across [54]
Row 8	slK, K8, *(RLI, K3)from*rep x12, K8, P1 [66]
Row 9	slK, Purl across [66]
Row 10	slK, K8, *(K2, RLI, K2)from*rep x12, K8, P1 [78]
Row 11-23	slK, Stockinette stitch, P1 [78]
Row 24	slK, K20, SSK x4, P2tog(this stitch is a marker for an eye spot) SSK x3, K4, K2tog x3, P2tog (this stitch is a marker for an eye spot), K2tog x4, K20, P1 [62]
Row 25	slK, Purl across [62] NOTE: +video It's crucial to complete this step, as it greatly impacts the final appearance of the head. Using a tapestry needle and a piece of the green yarn, we'll create a whip stitch down the center of the head to help shape the face. Start by positioning your work with the wrong side facing you. Count 18-19 stitches from the beginning of the row and stitch through the next 26-28 stitches, making sure to leave long tails on both ends on the *Right Side*. This technique will help keep the increases from stretching when we stuff the head. Watch the video tutoral providing for this project by scanning the QR code.
Row 26	slK, Knit to last st, P1 [62]
Row 27	slK, Purl across [62]
Row 28	slK, *(K9, K2tog, K9)from*rep x3, P1 [59]
Row 29	slK, Purl across [59]
Row 30	slK, *(K17, K2tog)from*rep x3, P1 [56]
Row 31	slK, Purl across [56]
Row 32	slK, *(K8, K2tog, K8)from*rep x3, P1 [53]
Row 33	slK, Purl across [53]
Row 34	slK, *(K15, K2tog)from*rep x3, P1 [50]
Row 35	slK, Purl across [50]
Row 36	slK, *(K7, K2tog, K7)from*rep x3, P1 [47]
Row 37	slK, Purl across [47]
Row 38	slK, *(K13, K2tog)from*rep x3, P1 [44]

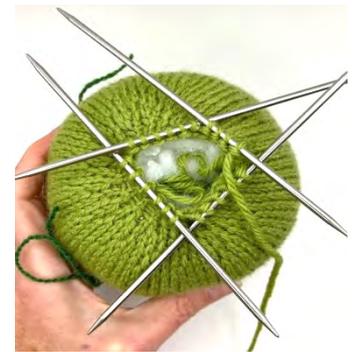| Row 39	slK, Purl across [44]
Row 40	slK, *(K6, K2tog, K6)from*rep x3, P1 [41]
Row 41	slK, Purl across [41]
Row 42	slK, *(K11, K2tog)from*rep x3, P1 [38]
Row 43	slK, Purl across [38]
Row 44	slK, Knit to last st, P1 [38]
Row 45	slK, Purl across [38]
Row 46	slK, *(K2, K2tog, K2)from*rep **x6,** P1 [32]
Row 47	slK, Purl across [32]
Row 48	slK, *(K2tog, K3)from*rep x6, P1 [26]
Row 49	slK, Purl across [26]
Row 50	slK, K2tog x12, P1 [14]
Row 51	slK, Purl across [14]
	Cut off a thread, leaving a long tail for sewing. Work a tapestry needle with the tail through remaining stitches and pull tight.

BODY (knitted flat 2 needles)

NOTE: You can knit the body in the round. Before you begin knitting the body in the round, refer to the Assembling section. There, you'll find instructions on placing safety eyes, securing them, sewing the head, and stuffing it.

To start knittign the body, **Pick up and knit 22 stitches from the cast-on edge across 4 needles. Follow the pattern provided below but ignore the edge stitches (K1 at the start and P1 at the end). The number of stitches for each round will be 2 less than what is indicated in the brackets in the pattern.

**Note: "Pick up and knit" means to use yarn to "knit up" stitches along the edge. You are to grab the stitch at the edge of the work with the working needle, wrap the working yarn around it, and pull the yarn through

	Green: **Pick up and knit (see Note**above) 24 stitches along the casted on edge.
Row 1	slP, Purl across [24]
Row 2	slK, *(RLI, K11)from*rep x2, P1 [26]
Row 3	slK, Purl across [26]
Row 4	slK, *(K2, RLI, K2)from*rep x6, P1[32]
Row 5	slK, Purl across [32]
Row 6	slK, *(K2, RLI, K3)from*rep x6, P1 [38]
Row 7	**Red:** slK, Purl across [38]
Row 8	slK, *(K4, RLI, K5)from*rep x4, P1 [42]
Row 9-55	slK, Stockinette stitch to last st, P1 [42] change to White in 11th row and alternate White and Red in each 5th row.
Row 56	slK, *(K1, K2tog)from*rep x13, K1, P1 [29]
Row 57	slK, Purl across [29]
Row 58	slK, K2tog repeat across [15]
Row 59	slK, Purl across [15]
	Cut off a thread, leaving a long tail for sewing. Work a tapestry needle with the tail through remaining stitches and pull tight.

There are both knitting version (knitted flat and knitted in the round) are provided. For the knitted in the round use 3mm double pointed needles.

	ARMS (knitted in the round). Botton-up	
	SLEEVE	
	Red: Cast on 15 stitches (5sts on each of 3 needles) using a Long Tail Cast On Method	
Rd 1-34	Knit around changing color in each 5th rd [15]	
Rd 35	Cast off knitwise [0]	
	Cut off a thread	
	PALM	
Rd 1	Hold the sleeve with the casted off edge on top. Turn the sleeve casted off edge inside out to expose the knitted stitches on the reverse side. With GREEN Pick up and knit (*see note below) 15 stitches from the White stitches around. *Note: "Pick up and knit" means to use yarn to "knit up" stitches along the edge. You are to grab the stitch at the edge of the work with the working needle, wrap the working yarn around it, and pull the yarn through	
Rd 2	RLI, K1, LLI, K14 [17]	
Rd 3-7	Knit around [17]	
Rd 8	*(K1, K2tog)from*rep x5, K2 [12]	
Rd 9	Knit around [12]	
Rd 10	K2tog x6 [6]	

Cut off a thread leaving a long tail for sewing. Stuff. Work a tapestry needle with the tail through last stitches in a whip stitch and pull tight. Leave the long tail for assembling. Check "Make Up Arms" Instructions on the next page.

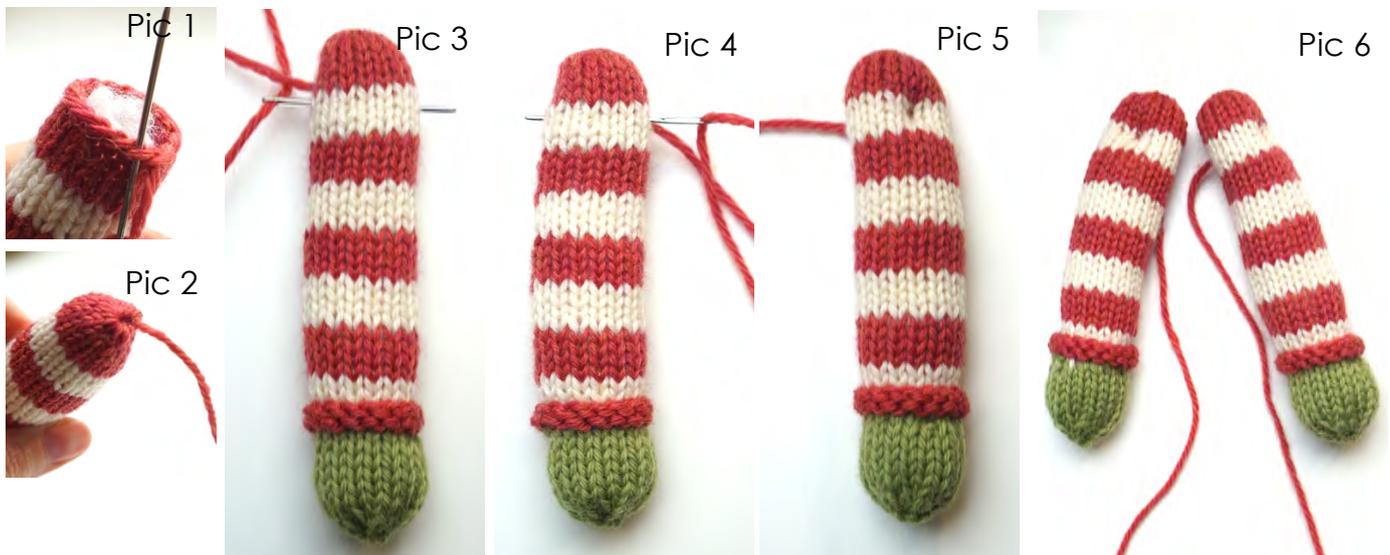|	ARMS (knitted flat - 2 needles). Top-down	
	SLEEVE	
	Red (leave a long tail for assembling): Cast on 16 sts using a Long Tail Cast On Method	
Row 1	slP, Purl across [16]	
Row 2-33	slK, Stockinette stitch to last st, P1 [16] Change a color in each 5th row	
Row 34	**Red:** slK, Knit to last st, P1[16]	
Row 35	Cast off purlwise [0]	
	Cut off a thread	
	PALM	
Row 1	Hold the sleeve right side facing, with the casted off edge on top. Turn the sleeve casted off edge inside out to expose the knitted stitches on the reverse side. With GREEN Pick up and knit (*see note below) 16 stitches from the White stitches across. *Note: "Pick up and knit" means to use yarn to "knit up" stitches along the edge. You are to grab the stitch at	

	the edge of the work with the working needle, wrap the working yarn around it, and pull the yarn through
Row 2	slK, K7, RLI, K1, LLI, K6, P1 [18]
Row 3-7	slK, Stockinette stitch to last st, P1 [18]
Row 8	slK, *(K1, K2tog)from*rep x5, K1, P1 [13]
Row 9	slK, Purl across [13]
Row 10	slK, K2tog x3 [7]

Cut off a thread, leaving a long tail for sewing. Work a tapestry needle with the tail through remaining stitches and pull tight.

Sew the on the right side, matching row ends and using a mattress stitch. Stuff as you work.

MAKE UP ARMS: Work a tapestry needle with the tail left in the beginning of the knitting through casted on stitches (pic 1), pull tight (pic.2). Leave the tail for shaping and attaching. Using the tail "squeeze" a top of an arm shaping a "shoulder", just make several stitches back and forth (through this point we will attach the arm to the body). Do not cut off a thread, leave it for attaching (pic.3-6).

Pic 1

Pic 2

Pic 3

Pic 4

Pic 5

Pic 6

	LEGs. Both options. Bottom Up.
	Green (Leave a long tail for sewing): Cast on 30sts using a Long Tail Cast On Method
Row 1	slP, Purl across [30]
Row 2	slK, K1, RLI, K12, RLI, K2, LLI, K12, LLI, K1, P1 [34]
Row 3	slK, Purl across [34]
Row 4	slK, K2, RLI, K12, RLI, K4, LLI, K12, LLI, K2, P1 [38]
Row 5	slK, Purl across [38]
Row 6	slK, K3, RLI, K12, RLI, K6, LLI, K12, LLI, K3, P1 [42]
Row 7	slK, Knit to last st, P1 [42]
Row 8-17	Starting with a purl row: slK, Stockinette stitch to last st, P1 [42]

Follow the pattern for short rows 18-39 and turn when instructed. No additional skills are required—just follow the pattern. The stitch count in [...] shows the total number of stitches on both needles, not the actual number of worked stitches. We will

decrease by 1 stitch in each short row, helping to shape the top "flat part" of the foot.

Row 18	slK, K23, SSK [41] Turn
Row 19	slP, P7, P2tog [40] Turn
Row 20	slK, K7, SSK [39] Turn
Row 21	slP, P7, P2tog [38] Turn
Row 22	slK, K7, SSK [37] Turn
Row 23	slP, P7, P2tog [36] Turn
Row 24	slK, K7, SSK [35] Turn
Row 25	slP, P7, P2tog [34] Turn
Row 26	slK, K7, SSK [33] Turn
Row 27	slP, P7, P2tog [32] Turn
Row 28	slK, K7, SSK [31] Turn
Row 29	slP, P7, P2tog [30] Turn
Row 30	slK, K7, SSK [29] Turn
Row 31	slP, P7, P2tog [28] Turn
Row 32	slK, K7, SSK [27] Turn
Row 33	slP, P7, P2tog [26] Turn
Row 34	slK, K7, SSK [25] Turn
Row 35	slP, P7, P2tog [24] Turn
Row 36	slK, K7, SSK [23] Turn
Row 37	slP, P7, P2tog [22] Turn
Row 38	slK, K7, SSK [21] Turn
Row 39	slP, P7, P2tog [20] Turn
Row 40	slK, K1, SSK, K1, K2tog, K1, SSK, K5 [17]
Row/Rd 41	For 2 needles: slP, Purl across [17] For DPNs: join in the round and knit around [17]
Row/Rd 42	For 2 needles: slK, K2tog, Knit to last st, P1 [16] For DPNs: K2tog, Knit around [16]
Row/Rd 43-51	For 2 needles: slK, Stockinette stitch, P1 [16] For DPNs: Knit around [16]
Row/Rd 52-81	For 2 needles: slK, Stockinette stitch, P1 [16] For DPNs: Knit around [16]
Row/Rd 82	For 2 needles: slK K2tog x7, P1 [9] For DPNs: K2tog x8 [8]

Work tapestry needle through remaining stitches. Leave a long tail for attaching

- +video tutorial (Knitted Grinch) Sew the sole in whip stitch on the right side working through the outer legs of the stitches only.
- Sew the back of the leg in mattress stitch on the Right Side stuffing as you work.
- Using the tail for attaching "squeeze" the top of the leg by 2 stitches to shape a "hip" (pass the thread through the stuffing from one side to another back and forth).

ASSEMBLING

31cm

35cm

Stuff the bottom of the head and neck area well

When stuff the body, press the body a bit with your hands to form an oval shape.

9cm

25-26cm

17-18cm

Stuff the bottom of the body well

17-18cm

FACE SHAPING

<u>PLACE SAFETY EYES</u> into the stitches that mark the spots for placing safety eyes. Secure the safety eyes.

<u>SEW THE HEAD</u> on the right side, matching row ends and using a mattress stitch. Begin from the top head, working down the head. When the sewing process is complete stuff the head. Please refer to the provided images and follow the recommendations:

- Do not overstuff, don't let the stitches stretch.
- ***Distribute the stuffing throughout the toy by inserting a long thin sewing needle into the knitted stitches and moving the stuffing around to fill the space***.
- Move stuffing up to the top of the head shaping a high forehead. The arrows in the pictures show how to distribute stuffing.
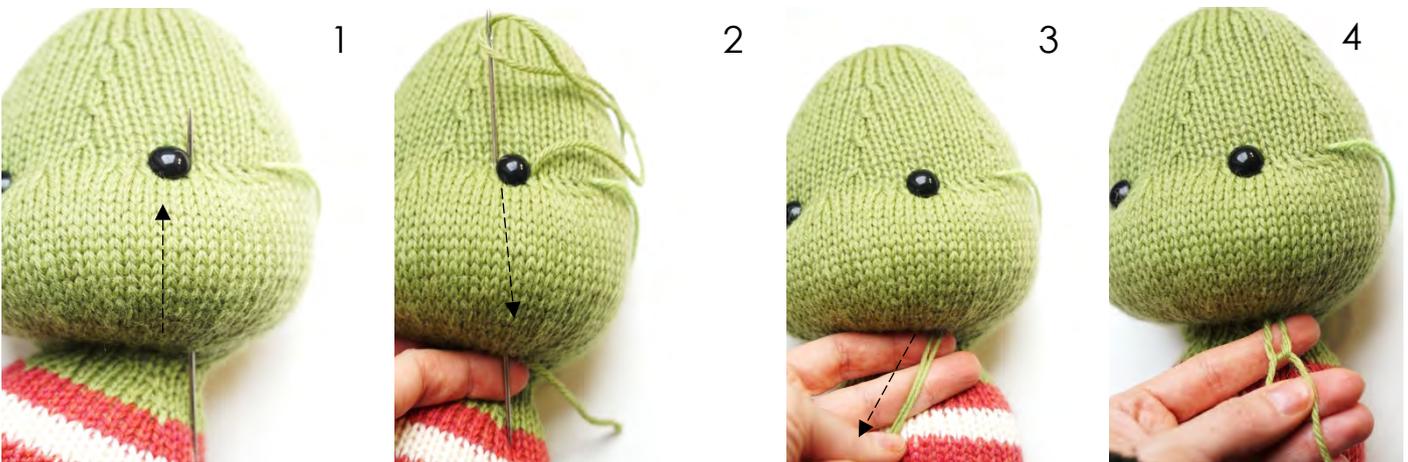
<u>SEW THE BODY</u> on the right side, matching row ends and using a mattress stitch, stuffing as you go. Please refer to the provided images and follow the recommendations regarding measurements on previous page.

EYE SOCKETS <u>(necessary)</u> +video tutorial (Knitted Grinch):

Now we should make eye sockets using a long needle and a green yarn. Follow the instruction and the video tutorial:

1. The needle with the thread goes from the bottom(a neck, pic.1) toward to eye inner or outer "corner" (pic.1) and then through the eye opposite corner(pic.2) goes back to the start point.
2. Leave both tails outside at the start point.
3. Repeat the same for the second eye.

4. To shape the eye sockets, you have two pairs of yarn ends at the neck. Tighten each pair by pulling on the tails (see pics 3-4). It's best to leave these tails until you've finished assembling the face, as you may want to adjust them for a better cheeks shape.

Weave in ends after the face will be complete.

Embroidery +video tutorial (Knitted Grinch)

Use sewing pins to mark places for eyebrows, mouth.

Embroider a nose with a dark green. Make several horizontal wide stitches without tightening them.

Embroider the mouth and eyebrows with a black yarn (for eyebrows you can use dark green as used for the nose too).

Create some fun eyelids for your Grinch to add a dash of "personality" using the same green yarn used to knit the toy.

HAIR +video tutorial (Knitted Grinch)

To create a hair, simply attach green yarn on the cheeks and head.

If you want to shape the cheeks or gather stretched stitches, you can use the thread ends from the whip stitches made in the center of the face. Simply hold the tail in one hand and gently pull the stitches together with the other for a smooth finish. Once you're happy with the shape, weave in the ends.

For a visual guide, check out my video tutorial where I walk you through this process step by step.

ARM/LEG ATTACHING +video tutorial (Knitted Grinch)

To attach the legs and arms, follow these steps:

1. Use the tails left on each leg and arm for this purpose.
2. Using a long needle, insert the tail through the body at the spot where you want to attach the first leg or arm (see pic. 1).
3. Pull the thread through the body to the opposite side and make a securing stitch there (just a small stitch at the place -pic.2).
4. Thread the tail through the second leg/arm at its attachment point (pic.3).
5. Make here a securing stitch to fix the thread in place (pic.4).
6. Then pull the tail back and forth through the body and legs/arms (through the attaching points) several times to ensure a secure attachment. Weave in end.
7. Then pull the tail of the second leg/arm back and forth through the body and legs/arms. Weave in ends.

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