

## Rise Up! 2023 MU 16 Days of Activism - Crochet Heart Pattern

**This pattern is NOT suitable for complete beginners.**

You need to know how to start using a **magic ring** and how to make, and place, the crochet stitches detailed in the terminology section below.

For complete beginners please see the video demonstration in the Rise Up! 2023 16 Days of Activism resources at [www.mothersunion.org/riseup](http://www.mothersunion.org/riseup)

Scroll down to the link for Crochet Purple Heart which will take you to [www.youtube.com/watch?v=iKBCwSP03k4](https://www.youtube.com/watch?v=iKBCwSP03k4) where you can follow a crochet heart tutorial by Sarah-Jayne Fragola of Bella Coco, a well known and well respected UK crochet designer and blogger.



This picture shows the 3 sizes of crochet heart, small, medium and large.

### Terminology - UK terms

ch(s)	chain / chain stitch(es)
ch-sp(s)	chain space(s)
ss	slip stitch
st(s)	stitch(es)
dc	double crochet
htr	half treble crochet
tr	treble crochet
dtr	double treble crochet

## You will need ...

- 3.5mm or 4mm crochet hook
- Small quantity of double knit yarn in a shade of purple or white to match the 16 days of activism colour scheme
- Yarn needle to weave in your ends
- Optional: small amount of polyester fibrefill stuffing for the “puffy” heart

## Gauge

Gauge isn't important for this heart pattern. You may find the smaller hook size gives you a firmer finish but a **4mm hook** is the standard crochet hook size to use with UK double knit yarn.

## Notes

All hearts begin with a magic ring. The first round of stitches is all made into the ring, which is then pulled closed to complete the round.

There are up to 3 rounds to this pattern.

If you only hook *round 1* you'll make the *small* heart, if you hook *rounds 1 and 2* you'll make the *medium* heart and if you hook *all 3 rounds* you'll make the *large* heart.

## A. Small Heart

Make a magic ring.

ch2

Round 1:

(\*3dtr, 4tr, 1dtr, 4tr, 3dtr) all into magic ring.

\* The picture below shows the magic ring after the ch2 and the first dtr only. Make sure that you place your stitches into the magic ring and over the tail of your yarn.



The picture below shows all the stitches of round 1 in the magic ring. You may wish to squish your stitches together before pulling the magic ring mostly closed, leaving a small hole in the middle for the final ss.



ch2

Pull the magic ring mostly closed, leaving a small hole in the middle.



The picture below uses the tip of the crochet hook to show you where to place the ss into the small hole in the middle of the magic ring to complete round 1.



ss into the small hole in the middle of the magic ring.

The picture below shows round 1 completed, before the magic ring is tightly closed.



Pull the magic ring tightly closed - as shown below.



Fasten off.

To complete the heart see Finishing (below).

## B. Medium Heart

*Note: The start of this heart, up to the end of round 1 but before fastening off, is the same as for the small heart.*

Make a magic ring, ch2

Round 1: (3dtr, 4tr, 1dtr, 4tr, 3dtr) all into magic ring, pull the magic ring mostly closed, leaving a small hole in the middle, ch2, ss into the small hole in the middle of the magic ring, pull the magic ring tightly closed.

*Note: At this point DO NOT turn your work, continue working anti-clockwise (clockwise for left handers), into the stitches of round 1, start by working into the ch-sp formed by the ch2 you made after the magic ring.*

*Different coloured stitch markers illustrate below where each stitch of round 2 is to be placed.*

*After working towards the bottom of the heart (indicated by the green stitch marker) continue working anti-clockwise. You will be hooking the same pattern of stitches, in reverse, back towards the top of the heart.*

The picture below shows coloured stitch markers in place for round 2.



### Round 2:

dc in ch-sp [light green stitch marker]

2htr in next st [red stitch marker]

3htr in next st [yellow stitch marker]

2htr in next st [dark blue stitch marker]

htr in next 3 sts [3 x orange stitch markers]

2htr in next st [pink stitch marker]

(htr, tr, htr) in next st [green stitch marker] **THIS IS THE BOTTOM OF THE HEART**

2htr in next st [pink stitch marker]

htr in next 3 sts [3 x orange stitch markers]

2htr in next st [dark blue stitch marker]

3htr in next st [yellow stitch marker]

2htr in next st [red stitch marker]

(dc, ss) in ch-sp [light green stitch marker]

This picture shows the completed medium heart with the bottom stitch marker in place.



Fasten off.

To complete the heart see Finishing (below).

### C. Large Heart

*Note: The start of this heart, up to the end of round 2 but before fastening off, is the same as for the medium heart.*

Make a magic ring, ch2

Round 1: (3dtr, 4tr, 1dtr, 4tr, 3dtr) all into magic ring, pull the magic ring mostly closed, leaving a small hole in the middle, ch2, ss into the small hole in the middle of the magic ring, pull the magic ring tightly closed.

Round 2:

dc in ch-sp, 2htr in next st, 3htr in next st, 2htr in next st, htr in next 3 sts, 2htr in next st, (htr, tr, htr) in next st, 2htr in next st, htr in next 3 sts, 2htr in next st, 3htr in next st, 2htr in next st, (dc, ss) in ch-sp

*Note: DO NOT turn your work, continue working anti-clockwise (clockwise for left handers), into the stitches of round 2.*

*Different coloured stitch markers illustrate below where each stitch of round 3 is to be placed.*

*After working towards the bottom of the heart (indicated by the pink stitch marker) continue working anti-clockwise. You will be hooking the same pattern of stitches, in reverse, back towards the top of the heart.*

The picture below shows coloured stitch markers in place for round 3.



### Round 3:

dc in next 2 sts [red stitch markers]

(dc in next st, 2dc in next st) three times [yellow then dark blue stitch markers x 3]

dc in next 6 sts [6 x orange stitch markers]

3dc in next st [pink stitch marker] **THIS IS THE BOTTOM OF THE HEART**

dc in next 6 sts [6 x orange stitch markers]

(2dc in next st, dc in next st) three times [dark blue then yellow stitch markers x 3]

dc in next 2 sts [red stitch markers]

This picture shows the round 3 stitches with the stitch markers to the back.



Join with ss into first stitch - this is the one marked with the first red stitch marker.

Fasten off.

This is the completed large heart.



To complete the heart see Finishing (below).

### **Finishing (Hearts A, B, C)**

As Hearts A, B and C are flat you'll need to weave in your yarn ends.

#### **Starting Tail**

*Note: Make sure your magic ring is pulled tightly closed before you begin weaving in your ends - this is your last chance to avoid having a hole in the middle!*

The yarn end should already be at the back of the work (the side facing away from you as you crochet). Using a yarn needle weave your end, a few stitches at a time, underneath the backs of the stitches of round 1.

#### **End Tail**

To make a hanging loop to hang your hearts on a tree or garland for your display, keep the end tail long and use it to form a hanging loop.

Otherwise, draw the yarn end to the back of the heart (the side facing away from you as you crochet). Using a yarn needle weave your end under the backs of the stitches of round 1, as you did for your starting tail.

### **D. Puffy Heart**

Heart D is a puffy version of Heart C (large heart), made by crocheting 2 hearts together with a small amount of stuffing in between them.

These instructions and pictures are taken from the original written pattern that accompanied the video by Bella Coco.



1. Begin by crocheting 2 x Heart B (medium heart), but DO NOT fasten off the yarn when you have completed the second heart.
2. Holding both hearts with wrong sides together begin to work round 3 of Heart C (large heart) inserting the hook through both layers to begin each stitch (see picture below).



3. When you have one lobe of the heart left to crochet together stuff all the yarn ends into the space between the hearts, then add a small wisp of stuffing to puff up the heart a little (see pictures below).



4. Complete round 3, again crocheting through both layers.
5. Fasten off.
6. If you'd like to make a hanging loop keep the yarn tail long and use it to form the hanging loop. Otherwise, use a yarn needle to lose the end between the two layers of the heart.



---

---

### Displaying your hearts

By way of an example as to how to display your Rise Up! crochet hearts I used an offcut from a tree in our garden which I placed in a plain, empty, clean jam jar with some glass flower arranging beads to keep it upright.



I printed out a selection of quotes from the Rise Up! resources document on the Mothers' Union website. I punched a hole at the end of each quote and tied some yarn to form a hanging loop through the hole. I used lightweight card, suitable for our printer, to print the quotes on. I hung the hearts and quotes across the twigs of my tree offcut.



I printed out some lightweight card with the heading from the Rise Up! resources document and the #NoMore1in3 logo. I bent this round so that it would stand around the base of the jam jar to help explain what the campaign is all about.



The picture below shows my “tree” of hearts on display with the MUE stall at our 2023 Mary Sumner Day Service in St Mary Stoke Church Hall, Ipswich.



At the York Annual Gathering on 22<sup>nd</sup> September there was a suggestion that a ratio of one purple to two white hearts might be considered, this conforms to the colour scheme of the Rise Up! campaign for 2023.

You do not have to stick to this suggestion. Make up your own colour scheme using a variety of purple coloured yarn, with some white.

At the time I made my hearts I only used a variety of shades of purple yarn.