

Johnnie's Waffle (Breathing) Square

A breathing square is a square of approximately 8-10" (either knit or crochet) which can be held and 'fondled' by a person when there is a need for 'distraction'. One example of its use would be an elderly person with, e.g. Alzheimer's, whose hands wander aimlessly looking for 'something to do' - a breathing square provides needed relief for those hands and calms the person's mind. Another would be for use as a distraction when a person is undergoing breathing therapy for serious lung or heart issues. It has been proven many times that concentrating on the act of breathing when the lungs are under stress can be counter-productive. A breathing square diverts the attention to the hands and makes the act of breathing a little easier for these folks.

The breathing square pattern is a great use of leftovers, very fast to make and depending on the colors looks like a Belgium Waffle. Extend the work beyond the square and it becomes a super-cool looking scarf. If you want to adjust the width (either wider or narrower) just make sure your starting chain is an uneven number. This particular pattern was developed by Johnnie Wood and, hence, the name.

Materials:

2 strands contrasting colors of a soft worsted weight (#4) yarn (approximately 250 yds, 125 yards each color)

L hook (or size needed to achieve gauge)
Dimensions 10" X 10"

Pattern:

Chain 25 loosely

Row 1: DC (double crochet) in the 4th chain from hook, DC to end. ALL of the turn chains count as DC stitches.

(You should have 23 double crochet stitches in Row 1.) Chain 3 and turn.

Row 2: *FP/DC (front post double crochet) in the next DC, DC in the next DC*. Repeat * to *.

This simply means alternating FP/DC and DC until you reach the end. End row 3 with a DC in the top of the end chain. (12 DC and 11 FP/DC). Chain 3 and turn.

Row 3: *DC in next st, FP/DC in next st*. Repeat * to *. End Row 3 with FP/DC and NOT a DC in the top of the end chain. Chain 3 and turn.

Alternate Rows 2 and 3 until you reach 10 inches and finish off.

Your tension and hook size will determine number of rows needed to make a 10" square.

