

## Fidget Lap Panel: Crochet

Worsted Weight Acrylic Yarn  
Size J or K hook (samples made on K)

Panel finished size: approx. 30 x 12 inches

Chain 96 stitches

Row 1: Half double crochet in 3rd chain from hook and in every stitch to end of chain. Chain 2, turn  
Row 2: Double crochet in first hdc from prior row, chain 1, skip 1 hdc, dc in next hdc...to end of row. Chain 1, turn  
Row 3: Half double crochet in each dc and each space across to end of row. Chain 2, turn  
Row 4: Repeat row 2  
Row 5: Repeat row 3  
Repeat these 5 rows in either a solid color or multiple stripes...your choice



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## Fidget Lap Panel: Knit

### Materials:

Size 10 ½, 11 or 13 needles, circular for the number of stitches  
Worsted weight yarn, 4 weight, a regular skein or scrap yarns in similar weight  
Several novelty yarns OR ribbon OR interesting textured yarn (if you intend to “finish” the panel)  
A large safety pin or Bodkin for weaving the yarn (if you intend to “finish” the panel)

### Base panel

finished size 24-36 inches wide, 12-16 inches long  
Cast on 76-80 stitches  
Knit 4 rows  
Knit 2, \* yarn over knit 2 together\* across to last 3 stitches. Yarn over, knit 2 together, knit 1.  
Repeat these 5 rows until panel measures 12-14 inches long, ending with 4 knit rows.  
Bind off.

Note: if your yarn overs tend to run tight, try doing a double yarn over. When knitting the next row, knit one of the loops, let the other drop.

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## Finishing Either Knit or Crochet Blankets by Turning the Base Panel into a Woven Panel



If you have the necessary materials and desire, use a bodkin (a sewing tool used for threading elastic through a casing, OR a large safety pin to weave the novelty yarn through the yarn over mesh rows. Use a single, double, or triple strand, depending on thickness. Cut your piece (or pieces) as wide as the panel plus 8-12 extra inches for fringe. Attach the bodkin, or safety pin, to one end, weave the novelty yarn across. (Attach one end directly from the skein of novelty yarn if you like.) Knot the ends outside the mesh to secure, leaving a fringe. Be sure to smooth the blanket before knotting the ends to avoid the blanket puckering or bunching up. You can also add whatever other adornments come to your mind provided they are safe and WELL secured.

If you prefer to skip the “finishing” steps, bring your panel to the workshop, and add it to the bin in the front workroom so that others who want to do this part but not the panel part, have panels to choose from. The accruements are on the Memory Care shelf to the right as you enter the yarn hall – or just use fancy yarns you think will serve the purpose. Let your creativity be your guide!

Many more patterns for lots of other items (both knit and crochet) are available online on our website at <https://fromtheheartstitchers.org/patterns/>

