



Knit for Wellness ...



Knit for Others ...

***EDAS** -Inspired*

Core Competency & ADST Magic

<http://edas.ca/>



Chantal Stefan, Joan Pearce, Carol Walters ~ School District 71, Comox Valley, Vancouver Island



*With many thanks to the team at
Uptown Yarns and the
SD 71 HR department for their support
with our
Knit to Wellness initiative.*

*During the Spring of 2018 approximately 30 SD 71
employees were knitting mentors or mentees. An EDAS
bin was supplied and hand knit items are
accumulating for the next round of EDAS!*



Knit to Wellness

Join Work 2 Wellness in a 6 week 'Knit to Wellness' Series sponsored by Uptown Yarns.

Don't know how to knit or crochet? Come along and learn from Uptown Yarns & colleagues who are seasoned yarn crafters! Knitting is an excellent way to de-stress, engage with colleagues from SD71 outside of work hours and make some beautiful handknits! Option to donate knitted pieces to the EDAS project! All levels welcome!

Uptown Yarns is offering an optional 'starter kit' for purchase which includes a set of knitting needles and a ball of yarn for \$15.

**Starting Tuesday,
February 20, meet every
Tuesday @ Uptown Yarns
in Courtenay
from 6:30-8:00pm!**

Please email
work2.wellness@sd71.bc.ca to
confirm participation!

Learning Standards

Curricular Competencies

Students are expected to be able to do the following:

- ▶ Understanding context
 - Gather information about or from potential [users](#)
- ▶ Defining
 - Choose a design opportunity
 - Identify key features or user requirements
 - Identify the main objective for the design and any [constraints](#)
- ▶ Identifying
 - Generate potential ideas and add to others' ideas
 - Screen ideas against the objective and constraints
 - Choose an idea to pursue
- ▶ Prototyping
 - Outline a general plan, identifying tools and materials
 - Construct a first version of the [product](#), making changes to tools, materials, and procedures as needed
 - Record [iterations](#) of prototyping
- ▶ Testing
 - Test the product
 - Gather peer feedback and inspiration
 - Make changes and test again, repeating until satisfied with the product
- ▶ Making
 - Construct the final product, incorporating planned changes
- ▶ Sharing
 - Decide on how and with whom to [share](#) their product
 - Demonstrate their product and describe their process
 - Determine whether their product meets the objective and contributes to the individual, family, community, and/or environment
 - Reflect on their design thinking and processes, and their ability to work effectively both as individuals and collaboratively in a group, including their ability to share and maintain a co-operative work space
 - Identify new design issues
- ▶ Use materials, tools, and [technologies](#) in a safe manner, and with an awareness of the safety of others, in both physical and digital environments
- ▶ Identify the skills required for a task and develop those skills as needed
- ▶ Use familiar tools and technologies to extend their capabilities when completing a task
- ▶ Choose appropriate technologies to use for specific tasks
- ▶ Demonstrate a willingness to learn new technologies as needed

Applied Design, Skills, and Technologies 4

Applied Design, Skills, and Technologies K 1 2 3 4 5 6 7 8 9

Applied Design, Skills, and Technologies 5

Applied Design, Skills, and Technologies K 1 2 3 4 5 6 7 8 9

PS Social Responsibility

Social responsibility involves the ability and disposition to consider the interdependence of people with each other and the natural environment; to contribute positively to one's family, community, society, and the environment; to resolve problems peacefully; to empathize with others and appreciate their perspectives; and to create and maintain healthy relationships. The Social Responsibility Competency Profiles have been developed by BC teachers based on students' work. The social responsibility competency review draft consists of two elements:

Consider knitting for others ... for a friend, for family, for the homeless (an [EDAS](#) project perhaps). In doing so, meaningful connections are made to the core competencies and hearts are warmed.

Big Ideas

Designs can be improved with prototyping and testing.

Skills are developed through practice, effort, and action.

The choice of technology and tools depends on the task.

Applied Design, Skills, and Technologies 6

Applied Design, Skills, and Technologies K 1 2 3 4 5 6 7 8 9

Big Ideas

Design can be responsive to identified needs.

Complex tasks require the acquisition of additional skills.

Complex tasks may require multiple tools and technologies.

for example, hand sewing, knitting (needles, arm, spool), crocheting, weaving, darning, up-cycling (e.g., turning an underused item into something else), embellishing existing items

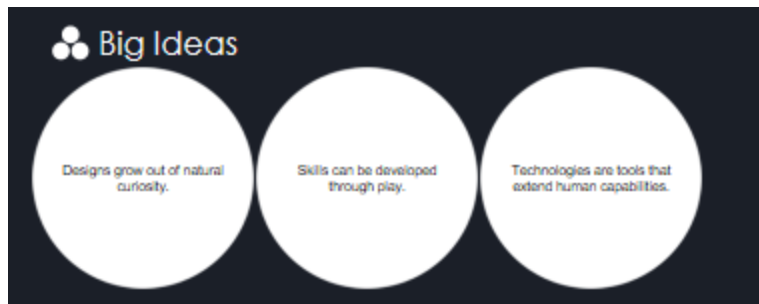
◆ Textiles

- range of uses of textiles
- variety of textile materials
- hand construction techniques for producing and/or repairing textile items
- consumer concerns that influence textile choices, including availability, cost, function (e.g., waterproof), and textile care

▲ PS Social Responsibility

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Applied Design, Skills, and Technologies 3

Applied Design, Skills, and Technologies K 1 2 3 4 5 6 7 8 9

Learning Standards

Curricular Competencies

Students are expected to be able to do the following:

- ▶ **Ideating**
 - Identify needs and opportunities for designing, through exploration
 - Generate ideas from their experiences and interests
 - Add to others' ideas
 - Choose an idea to pursue.
- ▶ **Making**
 - Choose tools and materials
 - Make a product using known procedures or through modelling of others
 - Use trial and error to make changes, solve problems, or incorporate new ideas from self or others
- ▶ **Sharing**
 - Decide on how and with whom to share their product
 - Demonstrate their product, tell the story of designing and making their product, and explain how their product contributes to the individual, family, community, and/or environment
 - Use personal preferences to evaluate the success of their design solutions
 - Reflect on their ability to work effectively both as individuals and collaboratively in a group
- ▶ Use materials, tools, and technologies in a safe manner in both physical and digital environments
- ▶ Develop their skills and add new ones through play and collaborative work
- ▶ Explore the use of simple, available tools and technologies to extend their capabilities

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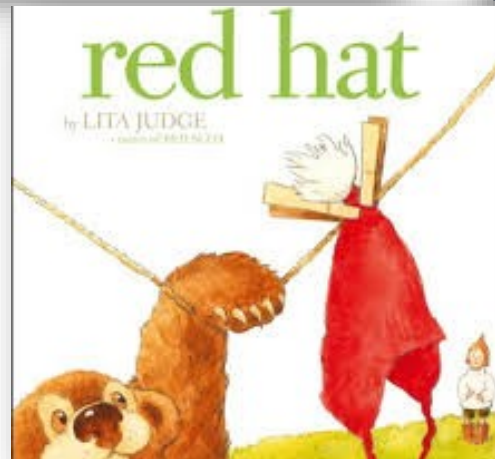
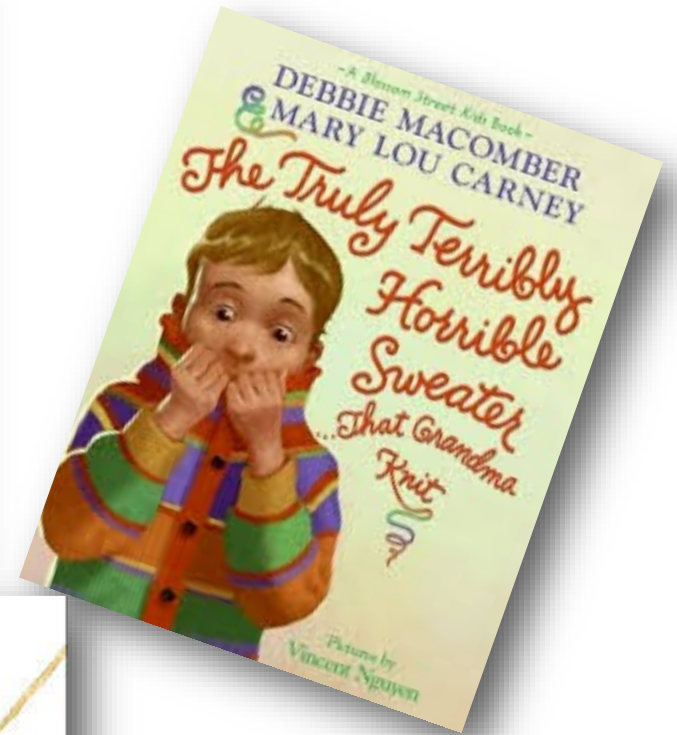
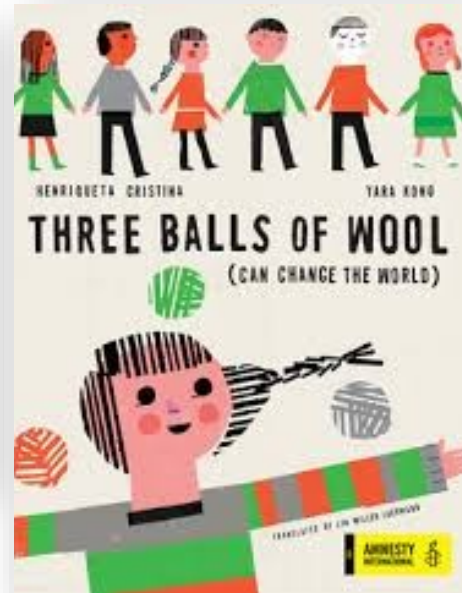
Consider knitting for others ... for a friend, for family, for the homeless (an EDAS project perhaps). In doing so, meaningful connections are made to the core competencies and hearts are warmed.

Inspire your students to knit with wonderful picture books.

Wait for it

Someone in your class will inevitably say, *"Can we knit?"*

That's the moment to say, *"Of course we can!"*



Offer books of instruction ...



Offer video clips for detailed instruction ...

Clips can be viewed over and over again!



Watch this video to learn how to cast on:

<http://bit.ly/1l631cc>



Watch this video to find out how to knit after casting on:

<https://www.youtube.com/watch?v=l2ilkAvlp2M>

This video also includes how to change colours of wool and how to pick up a dropped sticch.



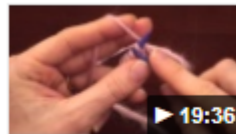
Learn how to cast off:

<http://bit.ly/2u5WZGB>



There's a YouTube on just about every aspect of knitting. Don't feel that you need to be the expert before introducing this skill to your students. There's a world of expertise out there!

How to Knit: A Complete Introduction for Beginners Part 1 - YouTube



<https://www.youtube.com/watch?v=Tff3ng-djtk> ▼

Mar 1, 2013 - Uploaded by KnittingHelp.com

here just again over this yarn then duck under the thumb loop over the index finger pull. it through release and ...

Learn How to Knit - Knitting for Absolute Beginners - Beginner DIY ...

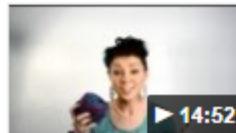


<https://www.youtube.com/watch?v=HHjftEZQxNc> ▼

Jan 30, 2017 - Uploaded by naztazia

Pull the first loop over the second loop. This is just one method of casting off. In knitting there are many more ...

How to Knit - Absolute Beginner Knitting, Lesson 1 - Even if You're ...



https://www.youtube.com/watch?v=ONVQCK_-rKc ▼

Feb 13, 2013 - Uploaded by ExpressionFiberArts

How to knit if you're an absolute beginner! In this video, I teach you how to: 1. Work a slip knot 2. Cast on 3 ...



Not only is knitting part of the **ADST** portion of our curriculum., it's also **good for the brain and the body**. There are numerous scholarly articles which share important messages about the well-being knitting offers an individual.

HOBBY

Science Says Knitting Makes Humans Warmer And Happier, Mentally



Robert Locke


Robert Locke MBE is a health enthusiast specializing in relationships, life improvement, ADHD, parenting, mental health, and children's literature. [Full Bio](#)

“Properly practiced, knitting soothes the troubled spirit, and it doesn’t hurt the untroubled spirit either.” – Elizabeth Zimmermann

My mother was a great knitter and produced some wonderful garments such as Aran sweaters which were extremely fashionable when I was young. She also knitted while my father drove, which caused great amusement. I often wondered why she did that but I think I know the answer now.

<http://bit.ly/2pve3QK>

Chantal Stefan, Joan Pearce, Carol Walters ~ School District 71, Comox Valley, Vancouver Island



**KNIT
for HEALTH
& WELLNESS**
 How to knit a flexible mind & more...

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Discover how the hidden power of knitting can transform your life.

Anybody who has ever held a knitting needle knows the calm and peace it can bring. Few people know how to truly harness this potential to intentionally improve wellbeing.

"I learned to knit before going to school, yet have learned so much from this book. It is both motivating and inspiring!" Amazon Review


Thanks to the pioneering work of Betsan Corkhill, scientists, clinicians and psychologists around the world are realising and accepting the health benefits of knitting.

It has already transformed and even saved lives.

Change and challenges are an inevitable feature of life. Modern day stresses are many and varied. To stay healthy everyone needs an accessible tool they can rely on any time, anywhere.

Knitting can even be used as an effective tool to manage and improve the symptoms of long term problems. Take a look at the box on the right. ALL these conditions and more have been significantly helped by the simple activity of knitting.

'Knit for Health & Wellness. How to knit a flexible mind & more...' is already transforming the way people think about health, wellness and knitting.



All these. And more....

Pain; Stress; Depression; Anxiety; Fibromyalgia; Panic attacks; ME / chronic fatigue; Hypertension; Agoraphobia; High Blood Pressure; Obsessive Compulsive Disorder; Dyslexia; Bulimia; Low confidence and self esteem; Grief; Arthritis; Carpal Tunnel Syndrome; Boredom; Self Harm; Smoking; Social Phobias; Alcohol abuse; Drug Addiction; Isolation; Muscular Dystrophy; Endometriosis; Irritable Bowel Syndrome; Binge eating; Adenomyosis; Dyspraxia; MS; Sleep Disorders; Cancer; Hand / eye coordination; Chron's Disease; Reflex Sympathetic Dystrophy; Abuse; Bipolar Disorder; Loneliness; Parkinson's Disease; Concentration; Memory; Rheumatism; Weight Loss; SAD; Bereavement; Migraines; ADHD; Fear; Sense of worthlessness; Pregnancy; Post Traumatic Stress Disorder

... even Eyebrow plucking and Retired husband syndrome!

"Betsan.... has led the field in supporting the use of knitting and other crafts in therapeutic clinical practice."

Professor Trisha Greenhalgh OBE.

"Betsan's book is about ... embracing the complexity of how and why our brain produces experiences. It is about making things, giving things, sharing things, while you make your own journey to recovery. I suspect you will have a rewarding trip."

"On reading it, you will be reminded of the unexampled magnificence of your brain and the splendid simplicity of knitting it to good health"

Professor Lorimer Moseley, Professor of Clinical Neurosciences and Chair of Physiotherapy at The University of South Australia

[http://
www.knitforhealthandwellness.com/](http://www.knitforhealthandwellness.com/)



✈ We deliver worldwide

START YOUR PROJECT ▾

DIY KITS ▾

MADE FOR YOU ▾

TOOLS ▾

YARN & ROPE ▾

EVENTS

HOW TO...

OUR STORY ▾

WELLBEING

In world where so much of our work is intangible, with work and society sometimes being isolating, and with work taking place on computers and in the digital world; making things with our hands and fingers gives us a feeling of control and mastery. It's a way of creating tangible order and beauty – a real sensory touchpoint – and bringing back a sense of free and relaxed play into our busy adult lives. So much so, that knitting is fast being promoted as therapeutic practice by many experts.



<http://bit.ly/2pve3QK>



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Did you know that new babies born in the Comox Valley receive a knitted, purple toque? Do you know why? How about doing a little research on this ...Here's some to get you started:

The image is a screenshot of the 'CLICK for Babies' website. At the top left is the logo 'CLICK for Babies' with the tagline 'Period of PURPLE Crying Caps'. To the right are social media icons for Facebook, Twitter, and Pinterest. Below these are links for 'CRAFTING GUIDE' and 'SIZING GUIDE'. A navigation bar contains three buttons: 'KNIT 1' with a yarn icon, 'TELL 2' with a megaphone icon, and 'GIVE 3' with a heart icon. The main banner features a close-up of a baby's hand holding a red heart, with the text '1 of 3' in the top left. To the right of the hand, it says 'GIVE 3' with a large '3' and a dollar sign, followed by 'and help prevent shaken baby syndrome'. Below the banner, there is a section for the '2018 CLICK for Babies Knit and Crochet Pattern Contest'. It includes a button that says 'CLICK HERE FOR' and a box with the text 'CLICK for Babies Knit and Crochet Pattern Contest'. Below this is an image of a knitting project and a box of yarn. To the right of the image, it says 'Brought to You By: mary maxim' and the logo for the 'National Center on Shaken Baby Syndrome'.

CLICK for Babies
Period of **PURPLE** Crying Caps™

f t p

CRAFTING GUIDE SIZING GUIDE

KNIT 1 TELL 2 GIVE 3

1 of 3

GIVE 3
and help prevent shaken baby syndrome

Click the button for information on the 2018 *CLICK for Babies* Knit and Crochet Pattern Contest.

Your pattern could be the featured pattern for the 2018 *CLICK for Babies* campaign! Three (3) winning patterns will be selected from each category (knit and crochet), with the grand prize winners being featured as the official 2018 *CLICK for Babies* knit and crochet pattern. All winning patterns will be included in *Mary Maxim's* new exclusive *CLICK for Babies* kit. Each winner will also receive a gift card redeemable on MaryMaxim.com, the grand prize winner taking home a \$300 gift card.

CLICK HERE FOR

CLICK for Babies
Knit and Crochet
Pattern Contest

Brought to You By:
mary maxim

National Center
on
Shaken Baby Syndrome
Don'tShake.org



For all these reasons, please consider introducing knitting to your students.