

Works Cited

AllPsych. "Crochet, Crafts, and Mental Health." *AllPsych*, 16 April 2020,

<https://allpsych.com/crochet-crafts-and-mental-health/>. Accessed 23 January 2024.

This article talks about an Australian study of over 8,000 crocheters. The study found that because of crocheting these people were calmer, happier, more creative, and more productive. Also that crocheting affected their overall mood in a positive way. It also references other studies done on similar creative hobbies that all found that they had positive mental and psychological effects.

Ashlea. *12 Helpful Ways to Teach Children to Crochet*. 2017. *HeartHookHome*,

<https://hearthookhome.com/teach-children-to-crochet/>. Accessed 25 January 2024.

This blog post details the best ways to teach children to crochet. It gives the advice to; have the child do as much of the work as possible, It is okay if it is not perfect, Use small words, Use their fingers first, Think big, master one stitch at a time, start small, forget the rules, start more than once, give praise and be specific, let them pick the materials, and hold the yarn.

Byerwalter, Dana. "How to Teach Others to Crochet." *ILikeCrochet*,

<https://www.ilikecrochet.com/special-issues/crochet-articles-and-interviews/spreading-the-love/>. Accessed 25 January 2024.

This blog post goes over many helpful tips on how to teach crocheting. It suggests to create a basic lesson plan, leaving room to improvise, watch videos to see how others teach to crochet, determine the size of your group, determine the time frame, visual aids don't hurt, bring completed projects to class, slow down, understand your method might differ from your student's, look at the finished product then assess your process, explain why whenever possible, give tons of encouragement, leave time for a break,

Catherine. *Is Crochet Good for Your Brain?* 2023,

<https://catherinecrochets.com/is-crochet-good-for-your-brain/#:~:text=Engaging%20in%20this%20creative%20activity,creative%20parts%20of%20the%20mind>. Accessed 23 1

2024.

This article outlines all of the many mental benefits of crocheting, which include; reducing stress and anxiety, depression relief, increased serotonin, cognitive benefits, increased focus and concentration, improving memory and concentration, improvement in cognitive decline, sense of accomplishment and motivation, self esteem and mood enhancement, mindfulness and meditation, ADHD and attention span improvement, neuroplasticity and cognitive impairment improvement, therapeutic benefits for insomnia, creative expression, community and connections, handmade gifts and sharing, fine motor skills and dexterity, hand eye coordination, and mobility and active hands.

Craft Yarn Council. "Sharing Your Love of Crochet Teaching Guide."

https://www.craftyarnCouncil.com/crochet_guide.html. Accessed 25 January 2024.

This article outlines the steps to take in teaching beginners how to crochet. It gives a detailed visual pattern for the crocheting, as well as some helpful tips for the structure and direction of the actual lesson(s). It includes a long section about how important it is to allow for break time when teaching crocheting which I think is a good thing.

Crochet Guild of America. "Teaching a Child to Crochet- A Process."

<https://www.crochet.org/page/ChildLessonTeach>. Accessed 25 January 2024.

This article talks about how to teach crocheting specifically to children, which is slightly different from what I will be doing but still applicable. It highlights the importance of staying focused, being organized and prepared, having lesson plans, and keeping continuity. It reminds us to think of our own favorite teachers in any subject and try to emulate the qualities that made them so special and such a good teacher.

Morris, Casey. "How to Teach Someone to Crochet." *KnitPal*, 20 March 2020,

<https://knitpal.com/blogs/knitpal/how-to-teach-someone-to-crochet>. Accessed 25 January 2024.

This article teaches how to teach crochet, but to anyone, not just specifically children. It has a more step by step approach, saying what we should do first, second, etc. It then goes over the attitude of the teacher, saying that we need to be very positive, instill confidence, give praise and helpful constructive criticism and feedback. Also the huge importance of sharing our own story and having a lot of patience.

Polino, Michelle B. "Crochet Therapy." *American Counseling Association*,

<https://www.counseling.org/docs/default-source/aca-acc-creative-activities-clearinghouse/crochet-therapy.pdf?sfvrsn=6>. Accessed 23 January 2024.

This article talks about the importance of activities like crochet specifically for the elderly. It suggests that studies have shown the benefits of crocheting for things like dementia and other forms of memory loss. It keeps their hands active too which can help slow down the decline in reading comprehension skills and just general lucidity.

Roberts, Vicki. "How to Teach a Child to Crochet." *Off The Hook for You*, 12 May 2021,

<https://www.offthehookforyou.co.uk/how-to-teach-a-child-to-crochet/>. Accessed 25

January 2024.

This is another article that talks about teaching children crochet. It first talks about why you might actually want to do this, the benefits it has for children. It also talks about knitting vs crocheting, and which is easier/better to teach to children first. It also brings up left vs right handedness, and if it is more difficult to teach one vs the other, something I had not thought of before. It then goes over the best ways to teach children the basics of crocheting.

Tonti, Lucianne. *Purls of Wisdom: The Wellbeing Benefits of Knitting and Crocheting*. The

Guardian, 2024. *The Guardian*,

<https://www.theguardian.com/lifeandstyle/2024/jan/02/purls-of-wisdom-the-wellbeing-benefits-of-knitting-and-crocheting>. Accessed 23 January 2024.

This article starts off by saying that crochet may actually be a good way to have less screen time in this day and age, which is not something that I had thought of before. It then goes on to talk about how crochet can boost your wellbeing, helping with depression and other mental illnesses. It can also be a tool for processing loss and change, as well as expanding your attention span. On top of all of this, it can also be a very social activity.