Neurological Foundation

A pathway to hope

CROCHET

a brain

Introduction

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This booklet will take you through the process, from start to finish, of how to crochet your very own brain! The brain itself is one of the largest and most complex organs in the human body, made up of more than 100 billion neurons. The brain is also separated into four different lobes, each responsible for different functions.[1] Although the brain that you crochet won't be as complex, it's good to know what you're creating!

Crocheting itself has been proven to reduce blood levels of the stress hormone, cortisol. New neuropathways can also be created by learning such skill and partaking in such high-level hand movement. As these neuropathways strengthen, we are effectively changing our minds, and creating a quieter and more relaxed state of being.[2]

Happy crocheting!

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[1] webmd.com/brain/picture-of-the-brain#1
[2] anxietyresourcecenter.org/2017/10/crochet-helps-brain/

What is Amigurumi?

Amigurumi in Japanese is the art of crocheting or knitting stuffed animal toys. Ami = Crocheting or knitting. Grumi = Stuffed toys.
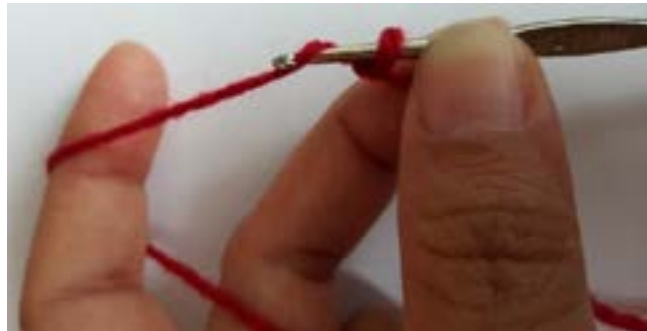
Amigurumi Basics

- Work in round
- Start with chain 2 or a Magic Ring
- Most common stitchs: Single Crochet (SC), Increase and Decrease
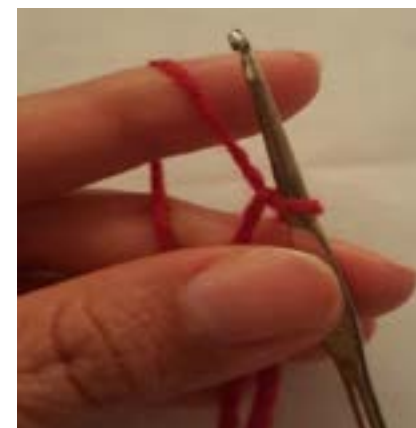- Safety eyes
- Polyester filling

Slipknot

Chain

Slipknot   **Yarn Over**   **Pull Through**

Magic Ring

Work in around: Single Crochet (SC)

Insert your hook into the second chain from the hook

Insert your hook into the second chain from the hook

Pull through (two loops on the hook)

Yarn over

Pull through (one loop on the hook)

Work in around: Increase

6 **SC** in a magic ring
(total= 6 **SC**)

2 **SC** in each **SC** in the
previous raw
(total= 12 **SC**)

1 **SC** in the next **SC** followed by 2 **SC**
in the next stitch
(total= 18 **SC**)

Work in around: Decrease

Insert your hook into the front loop of the next 2 stitches

Yarn over

Pull through

Steps

R: Round   SC: Single Crochet   SL: Slip Stitch

HDC: Half Double Crochet   DC: Double Crochet   Increase: 2 SC in each stitch

Decrease: Join 2 SC together

Chain 2

R1: 6 SC in chain 2 or a magic ring (6).

Working in the back loop only starting from the next round.

R2: Increase (12).

R3: 1 SC, Increase, repeat to the end (18).

R4: 2 SC, Increase, repeat to the end (24).

R5: 3 SC, Increase, repeat to the end (30).

R6: 4 SC, Increase, repeat to the end (36).

R7-9: SC around (36).

Add stitch mark to your last stitch.

R10: 4SC, Decrease, repeat to the end (30).

R11: 3 SC, Decrease, repeat to the end (24).

Start stuffing and keep stuffing as you go.

R12: 2SC, Decrease, repeat to the end (18).

R13: 1SC, Decrease, repeat to the end (6).

R14: SL both ends. Cut you yarn and hide it inside the brain.

Divide the brain into two halves and add stitch marks. On the side of the mark (back of the brain), HDC 4 in every stitch until you reach the front of the brain. Skip 1 stitch and hdc4 in every stitch till you reach the back of your brain again. Cut your yarn and hide it inside the brain

Steps

Sulci and Gyri

To crochet the white matter, use white yarn and **SL** your yarn to the first stitch on either side, 4**DC** in the first stitch then 4 **HDC** in the next stitch and continue around as shown in the image attached.

Do the same with the other brain side. Fasten and wave your yarn inside the brain.

To crochet the grey matter, use gray yarn and **SC** on top of all white matter stitches.