



Official crochet pattern for Doncaster Mind's Mental Elf

Create one today so that, you too, can look after your Mental Elf. Crochet can help us to relax, unwind and focus; it can distract us, soothe us and calm us; relieves stress, boosts self-esteem, increases confidence and builds self-worth.

Equipment:

3.5mm hook

1 ball DK yarn in colour A

1 ball DK yarn in colour B

Darning needle

Sewing needle and thread

Stuffing

Beads and embellishments as you'd like.

Doncaster Mind's brand colours are blue, purple and yellow so we recommend you use those, but really you can use any that you like! These are a great stash buster!



Body: Using colour A *The work is made in rounds and follows amigurumi basic pattern.*

Round 1: Chain 2 and then sc 6 into the first chain. Sl st to close.

Round 2: ch 1. sc 2 into each sc. Sl st. (12)

Round 3: ch 1. (Sc 1 into next sc. Sc 2 into next sc.) repeat () to end. Sl st. (18)

Round 4: ch 1. (Sc 1 into next sc. Sc 1 into next sc. Sc 2 into next sc.) Repeat brackets to end. sl st. (24)

Round 5: ch 1. (Sc 1 into next 3 sc. Sc 2 into 4th sc) repeat brackets to end. Sl st. (30)

Round 6 – 10: ch 1. Sc into each sc to the end. Sl st.

Round 11: ch 1. (Sc 1 into the next 3 sc. Sc2tog.) Repeat to end. Sl st. (24)

Round 12: ch 1. (Sc1 into the next 2 sc. Sc2tog) repeat to end. Sl st. (18)

Round 13: ch 1. (Sc 1 into the next sc. Sc2tog.) Repeat to eng. Sl st. (12)

Stuff the ball to the top here before you close the work.

Round 14: ch1. Sc2tog to end. Sl st. (6)

Cut your yarn so you have a long piece and using your darning needle sew the hole closed. Keep your long yarn to attach the head.

Head: Using Colour B

Round 1: Chain 2 and then sc 6 into the first chain. Sl st to close.

Round 2: ch 1. sc 2 into each sc. Sl st. (12)



Round 3: ch 1.(Sc 1 into next sc. Sc 2 into next sc.) repeat () to end. Sl st. (18)

Round 4: ch 1. (Sc 1 into next sc. Sc 1 into next sc. Sc 2 into next sc.) Repeat brackets to end. sl st. (24)

Round 5 – 7: ch 1. Sc in each sc to end. Sl st.

Round 8: ch 1. (Sc1 into the next 2 sc. Sc2tog) repeat to end. Sl st. (18)

Round 9: ch 1. (Sc 1 into the next sc. Sc2tog.) Repeat to eng. Sl st. (12)

Stuff the ball to the top here before you close the work.

Round 10: ch 1. Sc2tog to end. Sl st. (6)

Cut your yarn so you have a long piece and using your darning needle sew the hole closed.

Keep your long yarn to attach the hat

Hat: Using Colour A

Chain 24 (or to fit around the head of your Elf - your tension may be looser or tighter) slst to first ch to make a circle being careful not to twist the work.

Round 1 - 3: Ch 1, Sc into each chain all around sl st.

Now we're going to start decreasing your hat to make it pointy.

Round 4: Ch 1. (Sc into next 2 sc. Sc2tog.) repeat in brackets to end.

Round 5-6: Ch 1. Sc to end.

Round 7: Ch 1. (Sc into next 1 sc. Sc2tog.) repeat in brackets to end.

Round 8-9. Ch 1. Sc to end.

Round 10. Ch 1. Sc2tog to end.

Round 11. Ch 1. Sc2tog to end

Sew the end up so that it creates a rounded point. You can make your hat longer if you want, by just adding more sc to end rounds. Make it your own!

To make a face, you can be creative! Use small beads or buttons for eyes, sew little eyes on with floss and a needle. You get to decide if your Mental Elf is smiling, has a big nose or a little blush!

Sew the head to the body and the hat on the head with your darning needle.

When they are made, if you want to you can make a little label or return them to Frenchgate and see if someone finds them.

We'd love it if you took a picture and tagged Doncaster Mind and Frenchgate on Facebook so we can see your work!

Suggested donation for pattern £1.50.