



Emotional Support Chicken™

by The Knitting Tree, L.A.

LIFE IS HARD. WE ALL NEED A CHICKEN TO HELP MAKE IT BETTER!!!

This is a modification of a pattern by the late Bev Galaskas for Fibertrends called Henrietta and Family.

Materials: MC *Color A for body* 200yds/100g skein of worsted weight yarn CC *Color B for stripes* 50g/100yds for stripes, 4 yards for beak (**yellow**), 6 yards for comb and wattle (**red**), US 7/4.5mm knitting needles (fabric should be stiff enough so stuffing doesn't come out), 1 pair of 15mm safety eyes, removable stitch markers, tapestry needle. 250g of Polyfill stuffing. *Optional:* 5mm crochet hook

Abbreviations: **K**=knit, **K2tog**=knit 2 stitches together, **SSK**=slip slip knit, **KFB**=knit stitch through front and back, **W&T**=wrap and turn=slip next stitch from left to right needle, bring yarn to the front, move the slipped stitch back to left needle and turn. Because this is garter stitch, *you don't need to "pick up your wraps" later - just knit the wrapped stitches normally whenever you come to them.* **PM**=place marker, **CO**=cast on, Cable Cast On=Place right needle in between first two stitches on left needle, yo and pull loop through, place loop on left needle, **BO**=bind off, **SC**=single crochet, **RS**=starting on the right side, **WS**=starting on the wrong side

Gauge: 16sts =4" in on US 7/4.5mm Gauge is important when knitting from the kit! Otherwise, you may not have enough yarn to finish. If you feel you are running short on the under section, alternate Color A and Color B every 2 rows.

Tutorial For The Emotional Support Chicken is available on YouTube (at The Knitting Tree, L.A.)

Instructions:

Notes: Knitting starts at the three-pointed tail, which is made in 2 sections that are then sewn or crocheted together. Stitches are then picked up along the long flat side of the tail.

1st half of tail:



Make 1st point:

Cast on 19 sts with **color A**

Step 1: Knit across all stitches

Step 2: K4, w&t, K4

Step 3: K5, w&t, K5

Step 4: K6, w&t, K6

Step 5: K7, w&t, K7

Step 6: K8, w&t, K8

Continue in this manner through **Step 15:** K17, w&t, K17

Step 16: Knit across all stitches, 3 full rows (RS-WS-RS)



Step 17: BO 8, K4, w&t, K5 (11 stitches on needle)

Step 18: Using cable cast on, CO 10sts (from diagonal side), knit entire row (including cast on sts) (21 stitches)

Make 2nd point:

Step 19: K14, w&t, K14

Step 20: K15, w&t, K15

Step 21: K16, w&t, K16

Step 22: K17, w&t, K17

Step 23: K18, w&t, K18

Step 24: K19, w&t, K19

Step 25: Knit across all stitches, 3 full rows

Step 26: BO 10st, K4, w&t, K5 (11 stitches)

Step 27: Using cable cast on, CO 11 and knit entire row (including cast on sts) (22 stitches)

Make 3rd point:

Step 28: K14, w&t, K14

Step 29: K15, w&t, K15

Step 30: K16, w&t, K16

Step 31: K17, w&t, K17

Step 32: K18, w&t, K18

Step 33: K19, w&t, K19

Step 34: K20, w&t, K20

Step 35: Knit across all stitches, 7 full rows

Bind off stitches loosely.

2nd half of tail:

Work the same as first half, **ending with 6 full rows (not 7)**, and BO all stitches.

Sew or single crochet sides together **using color B**. The seam will be visible on the right side.



Chicken body:

Holding the piece horizontally with the visible seam up, **with color B**, pick up and knit 73 sts along the right side of the straight edge of the tail, from right to left. Starting at the cast-on, pick up one stitch for each garter ridge (36 stitches), one stitch in the seam joining the two halves, and again one stitch for each garter ridge in the second half.

Step 1: Starting on WS, **with color B**, knit across all stitches, 7 full rows.

Step 2: **Switch to color A** - knit across all stitches, 10 full rows.

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Step 3 (RS): K33, w&t, K33, placing marker after knitting 3 sts on return pass

Step 4 (RS): K30 (to marker - remove marker), w&t, K3, PM, K27 (to end)

Steps 5-12 (RS): Continue in established pattern, moving marker on return pass to 3 sts after each w&t:

Step 5: K27, w&t, K27

Step 6: K24, w&t, K24

Step 7: K21, w&t, K21

Step 8: K18, w&t, K18

Step 9: K15, w&t, K15

Step 10: K12, w&t, K12

Step 11: K9, w&t, K9

Step 12: K6, w&t, K6

Step 13 (RS): Knit across entire row (73)

Steps 14-23 (WS): Repeat steps 3-12 to shape second half.

Step 24 (WS): Knit entire row

Shaping Chicken Breast:

Step 1 (RS): K6, w&t, K6

Step 2 (RS): K7, w&t, K7

Steps 3-14 (RS): Continue in established pattern working 1 stitch more before the w&t each row as follows

Step 3: K8, w&t, K8

Step 4: K9, w&t, K9

Step 5: K10, w&t, K10

Step 6: K11, w&t, K11

Step 7: K12, w&t, K12

Step 8: K13, w&t, K13

Step 9: K14, w&t, K14

Step 10: K15, w&t, K15

Step 11: K16, w&t, K16

Step 12: K17, w&t, K17

Step 13: K18, w&t, K18

Step 14: K19, w&t, K19

Mark the edge stitch just below the needle with a removable stitch marker.

Steps 15-17 (RS): K1, ssk, K17, w&t, K19. Repeat this set three times. (70 sts)

Step 18 (RS): K1, ssk, K15, K2tog, K50. This row ends on the opposite side of work. (68 sts)

Steps 19-35 (WS): Repeat Steps 1-17 to knit 2nd half

Step 36 (WS): K1, ssk, K15, K2tog, K45 (63 sts)

Mark the center st (32nd) with a removable stitch marker

Neck:

Note: If you think you may run out of color A and want to reserve some for the undersection, this is a good place to use color B for more of the rows. Just remember, always change colors at the beginning of a right-side row.

Row 1 (RS): *With color B*, K1, ssk, knit to 2 sts before center st, k2tog, k1, ssk, knit to the last 3 sts, k2tog, k1 (59 sts)

Row 2 (WS): Knit across all stitches

Row 3 (RS): K1, ssk, knit to last 3 sts, K2tog, K1 (57)

Row 4 (WS): Knit across all stitches

Rows 5-6: Repeat rows 1-2

Rows 7-8: *With color A*, repeat rows 3-4

Rows 9-12: Repeat rows 1-4

Rows 13-14: Repeat rows 1-2

Rows 15-20: *With color B*, repeat rows 1 and 2 three more times (29 sts)

Rows 21-24: *With color A*, knit across all stitches



Head:

Short-row series 1 (RS): K1, ssk, K23, w&t, K23, w&t, K21, w&t, K19, w&t, K17, w&t, K15, w&t, K13, w&t, K11, w&t, K9, w&t, K7, w&t, K5, w&t, K3, w&t, K13, K2tog, K1 (27 sts) (pewh!)

Step 2 (WS): Knit across all stitches

Short-row series 2 (RS): K24, w&t, K21, w&t, K19, w&t, K17, w&t, K15, w&t, K13, w&t, K11, w&t, K9, w&t, K7, w&t, K5, w&t, K16.

Knit across entire row.

**Beak:**

With **yellow** yarn -

Row 1 (RS): K1, (K2tog) 6 times, K1, (ssk) 6 times, K1 (15 sts)

Row 3 (RS): K2, (K2tog) 2 times, K3, (ssk) 2 times, K2 (11 sts)

Row 5 (RS): K1, (K2tog) 2 times, K1, (ssk) 2 times, K1 (7 sts)

Row 7 (RS): K1, K2tog, K1, ssk, K1 (5 sts)

Cut yarn leaving a 10" tail. Put tail onto tapestry needle and weave through remaining sts and pull, sew yarn to inside and fasten off.

Row 2 (WS): Purl

Row 4 (WS): Purl

Row 6 (WS): Purl

Comb:

With **red**, cast on 2 sts.

Row 1: K2--**Row 2:** KFB, K1 (3 sts)--**Row 3:** K1, KFB, K1 (4 sts)--**Row 4:** BO 2, K1 (2 sts)--**Row 5:** K2--**Row 6:** CO1, knit to end (3 sts)--**Row 7:** K1, KFB, K1 (4 sts)--**Row 8:** BO 2, K1--**Row 9:** K2

Rows 10-17: repeat rows 6-9 two more times

Row 18: CO 1, knit to end (3 sts)--**Row 19:** K1, KFB, K1 (4 sts)--**Row 20:** BO all sts, leaving a tail for sewing. Center the comb with BO near beak and sew to head.

Place safety eyes and snap on backs to secure. NOTE: Place eyes without backs to position them first!

Sew sides of neck together down to where undersection will start (removable stitch markers show this point).

Wattle:

With **red**, CO 2

Row 1: Knit--**Row 2:** KFB, K1 (3), **Rows 3-12:** Knit all

Row 13: ssk, K1 (2)--**Row 14:** Knit all--**Row 15:** Ssk, cut yarn and fasten off, leaving a tail for sewing.

Position wattle below beak and sew straight side of wattle to neck.

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Undersection:

With color A, CO 2

Row 1: Knit all

Row 2: KFB, K1 (3 sts)

Row 3-5: Knit all

Row 6: (KFB) 2 times, K1 (5 sts)

Rows 7-9: Knit all

Row 10: K1, KFB, knit to 2 sts before end, KFB, K1 (7)

Rows 11-42: Repeat rows 7-10 eight times more, until you have increased to 23 sts

Rows 43-59: Knit all

Row 60: K1, ssk, knit to last 3 sts, K2tog, K1

Rows 61-63: Knit all

Rows 64-95: Repeat rows 60-63 eight more times, until 5 sts remain

Row 96: Ssk, K1, K2tog (3 sts)

Row 97: Knit all

Row 98: Slip 1, K2tog, PSSO, cut yarn and fasten off



Stuff with Polyfill and sew tail sections together:

Sew the undersection to body starting at the top (where arrows are pictured), stuff well and sew the rest of the



chicken together. *Give your chicken a great big hug and feel the calm wash over you!*