



# MOOD CUSHION

Why not join us in making our mental health March mood cushion? With a colour chart for each mood you will simply need to crochet two rows in the colour that reflects your average mood that day. At the end of the month you will have a cushion that represents your moods over that month. This can be a good way to reflect on how you've been feeling each day.

This colourway is in Hayfield Bonus acrylic dk yarn. You don't have to use the same colours as we are. It's a great way to use your stash or have fun choosing colours of your own.

Share your progress and tag us on social media.

## Colour

## Mood

Lagoon blue  
607



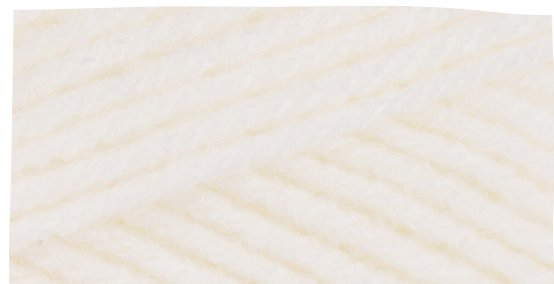
Really bad

Powder blue  
906



Bad

Cream  
812



Meh (not good or bad)

Primrose  
957



Fine

Sand  
597



Good

Mink  
599



Really good



RADIATEARTS

Phone: 07802896254

Email: [office@radiatearts.co.uk](mailto:office@radiatearts.co.uk)

Website: [www.radiatearts.co.uk](http://www.radiatearts.co.uk)



@RadiateArts



@ArtsRadiate



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## Equipment Needed:

- 4 mm crochet hook
- darning needle
- scissors
- one ball of each of the yarn colours and an additional ball of one colour of your choice for your back panel.

## Abbreviations:

- SS= Slip stitch
- CH= chain
- HDC= half double crochet

## Notes:

This is a simplified version of the crochet wave stitch. Make sure that your tension isn't too tight otherwise the slip stitches will be difficult to stitch into. For the back panel I suggest buying an additional ball of one of the colours so that you can have a solid coloured back as it will highlight the changes in the front. If however you would like to use up the left over yarns and make a striped back to your cushion then please feel free to do so.

## Pattern:

- 1.Chain 76 stitches in your first colour.
- 2.SS one into second chain from hook. SS one into each chain a further four times. HDC one into each chain for five stitches. Work SS and HDC in fives until the end of row.
- 3.Turn (chain 1 as your turning chain) and in the same colour re do the same the same stitches. So SS over the SS stitches and HDC over the HDC stitches.
- 4.Now change to your next colour and work HDC over the SS stitches and work SS over the HDC stitches.
- 5.For the next row repeat row three. This is a two row pattern repeat.
- 6.Once you have completed all 31 days worth of rows (62 rows total) you can cast off and then start work on the back panel.
- 7.To start the back panel chain 76 stitches.
- 8.Next HDC1 into the second chain from the hook and continue to HDC1 into every chain until the end of the row. Chain one as your turning chain.



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9. Work HDC1 into every stitch until you have completed 66 rows then cast off.
10. Line up the two panels right sides together (I know that the back is slightly bigger but this is help highlight the wave pattern in the front panel as it's a stretchy stitch). And seam it up across the two sides and the top.
11. Using a needle and thread sew in your zip into the bottom for the cushion. You can do this from the right or wrong side, whichever is easier for you.
12. Now that the zip is sewn in your all done! Please feel free to share your make on social media and tag us!

## Beginner instructions

### How to chain:

To create your chain you will first need to create a slip knot. To create a slip knot you simply create a loop at the end of your yarn and pull the longer side through the loop from back to front. Be careful not to have it too tight. To then create your chain stitches you will simply pull the yarn through the loop on the hook, don't pull to tight. Keep doing this until you have the desired number of chains. [Like this](#)

### What is a turning chain:

A turning chain is a single chain stitch at the end of a row to allow you to move up to the next row without making your tension too tight. this also keeps your edges nice and neat.

### How to tell where your next stitch is:

To tell where your next stitch is, is actually quite easy when you know how. Do bear in mind that sometimes this can change depending on the stitch but for these stitches it will be the two loops at the top of the row.

### How to do a slip stitch (SS):

To work a slip stitch in crochet, simply insert the hook into the stitch, wrap the yarn around the hook and pull through the stitch and the loop on the hook.

### How to do a half double crochet stitch (HDC):

Half double crochet is again super simple. First you want to wrap the yarn around your hook and then insert it into the stitch, grab the yarn and pull through. You should now have three loops on your hook. Grab the yarn again and pull through all three loops and your stitch is done. [Like this](#)

### How to change colours:

For this project the easiest way to change colours is to simply start working with your new colour, leaving a tail end. Cut off your previous colour yarn leaving a tail end and tightly knot them together in the back of your work. Then weave in your ends.



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## How to cast off:

To cast off in crochet is very easy. simply work your last stitch, cut the yarn with a tail and pull through the stitch. Pull it tight to secure and if you want it really secure pull the tail through the stitch, leaving a loop and thread it through itself to knot it. Remember to weave in your ends. [Like this](#)

## How to weave in ends:

To weave in ends you will need to thread the cut off end of yarn through a darning needle and simple weave that needle through the back of you worked stitches neatly so that it doesn't show through in the front. This secures them so that they are less likely to fray or come loose and makes your work look neater.

## Image of the Wave stitch for reference:

This image shows what the wave stitch looks like. The beige row is actually the two rows, while the white row demonstrates how it looks after just one row.



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