Mindful Mosaic Blanket (Crochet)

Designed by Mel Kennelly / Skill level: Easy
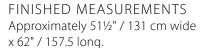

CONCEPT

Crocheting is a practice that requires a lot of focus, intention, and mindfulness, which is why so many turn to it as a form of relaxation. We know how beneficial the rhythmic and repetitive motions of crocheting can be for mental health, so we've combined these ideas with the daily emotions blanket.

Take a little time each day to sit, check in with yourself, reflect upon your day and crochet a simple square. Each day, choose a color that represents your mood. The concept is similar to a temperature blanket, but focused on your feelings instead of the weather. By the end of the 239+ days it will take to create this blanket, maybe you'll be able to notice some patterns, or just feel a bit more comfortable checking in with your emotions…. But no matter what, you'll at least have a great new blanket!

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FINISHED MEASUREMENTS
Approximately 51½" / 131 cm wide x 62" / 157.5 long.

YARN
BERROCO MODERN COTTON
(100 grs): Yarn amounts will vary depending on your mood, but we used approximately 2 hanks per color. Because the colors will be scattered in small squares, dye lots don't matter, so feel free to buy yarn as needed.
#1695 Wharf (C1)
#1650 Rhode Island Red (C2)
#1683 Fisherville Brook (C3)
#1692 Breakers (C4)
#1696 RISD (C5)
#1633 Viola (C6)
#1670 Scarborough (C7)
#1631 Little Compton (C8)

HOOKS AND NOTIONS
Crochet hook, size 7 / 4.5 mm

GAUGE
1 Square Motif = 3½" / 9 cm x 3½" / 9 cm
Gauge is measured after blocking. To save time and ensure accurate measurements, take time to check gauge.

Berroco Modern Cotton™

Find this Yarn 🔍

We recommend using yarns called for in our instructions. Every effort has been made to ensure that directions contained in this pattern are accurate and complete, however errors do occur. We cannot be responsible for variance of individual knitters, human or typographical errors.

All pattern PDFs are updated when corrections are made. In the event of finding an error, please make sure you've downloaded the most recent version.

ASSIGN YOUR COLORS

JOY

FRUSTRATION

CALM

NERVOUS

HOPE

ANGER

CLARITY

BLANKET CONSTRUCTION

Make 238 squares, using instructions below and assigning colors based on your mood. Join squares as you work until you have a blanket 14 squares wide x 17 squares long.

SQUARE 1

Rnd 1: Make a sliding loop using MC (or color of your choice), ch 3 (counts as 1 dc), 15 dc into sliding loop. Pull the yarn tight to close loop. Join with sl st in top of beg ch-3—16 dc.

Rnd 2: Ch 3 (counts as 1 dc), dc in the same st, 2 dc in each of the next 15 dc. Join with sl st in top of beg ch-3—32 sts.

Rnd 3: Ch 4 (counts as 1 tr), [tr, ch 2, 2 tr] in the same st, dc in each of the next 7 dc, * [2 tr, ch 2, 2 tr] in next dc, dc in each of the next 7 dc; rep from * twice more. Join with sl st in top of beg ch-4—52 sts. Fasten off.

JOINING SQUARE (1 Side)

Rnds 1 and 2: Work as for Square 1.

Rnd 3: Ch 4 (counts as 1 tr), [tr, ch 2, 2 tr] in the same st, dc in each of the next 7 dc, [2 tr, ch1, sl st into ch-2 space of previous square, ch 1, 2 tr] in next dc, * dc, sl st into dc of previous square; rep from * 6 times more, [2 tr into next dc, ch 1, sl st into ch-2 space of previous square, ch 1, 2 tr in same dc, dc into each of the next 7 dc, [2 tr, ch 2, 2 tr] into next dc, dc into each of the next 7 dc, join with a sl st in top of beg ch-4—52 sts. Fasten off.

JOINING SQUARE (2 Sides)

Rnds 1 and 2: Work as for Square 1.

Rnd 3: Ch 4 (counts as 1 tr), [tr, ch 2, tr] in the same st, dc in each of the next 7 dc, * [2 tr, ch 1, sl st into ch-2 space of previous square, ch 1, 2 tr] in next dc, dc, [sl st into dc of previous square] 7 times; rep from * once more, [2 tr, ch 1, sl st into ch-2 space of previous square, ch 1, 2 tr in next dc, dc in each of the next 7 dc, join with a sl st in top of beg ch-4—52 sts. Fasten off.

FINISHING

Note: Use whatever color(s) you wish for the border. Sample used #1631 Little Compton for Set-Up Rnd and Rnds 1–3, and #1683 Fisherville Brook for Rnds 4–6.

Border: Set-Up Rnd: With RS facing, begin in the top right corner space, join yarn with a sl st into ch-2 space, ch 2, hdc into ch-2 corner space, * hdc into each of the next 154 sts, (hdc, ch2, hdc) into the ch-2 corner space; rep from * 3 times more, omitting the final (hdc, ch2, hdc). Hdc into beginning ch 2 sp, ch2, join with a sl st into first hdc of row.

Rnds 1–6: Ch2, hdc into same ch-2 corner space, * hdc into the back middle bar of each hdc down the side of the blanket, [hdc, ch2, hdc] into the ch-2 corner space; rep from * twice more, hdc into the the back middle bar of each hdc down the last side of the blanket, hdc into the beginning corner space, ch2, join with a sl st in beg hdc.
Fasten off.
Weave in all ends and block as desired.

STANDARD ABBREVIATIONS & TERMS

Note: Berroco patterns use American crochet terms

beg: beginning

BLO: back loop only

BP: back post

BPdc: back post double crochet

BPhdc: back post half double crochet

BPsc: back post single crochet

BPtc: back post treble crochet

CC: contrasting color

cont: continue

ch: chain

dec: decrease

dc: double crochet

dc2tog: double crochet 2 stitches together

dtr: double treble crochet

est: established

FLO: front loop only

est: established

FP: front post

FPdc: front post double crochet

FPhdc: front post half double crochet

FPsc: front post single crochet

FPtc: front post treble crochet

hdc: half double crochet

hdc2tog: half double crochet 2 stitches together

inc: increase

MC: main color

pat(s): pattern(s)

pm: place marker

rep: repeat

rnd(s): round(s)

RS: right side

sc: single crochet

sc2tog: single crochet 2 stitches together

sl st: slip stitch

sliding loop: Form a loop of yarn around your fingers, with the end attached to the ball on the right and the tail on the left. Insert hook into the loop under both pieces of yarn and draw up a loop onto hook. (This does not count as your first stitch.) Work first row into the original loop. Pull up the yarn tail after your first row is complete to close the loop.

sp: space

st(s): stitch(es)

tog: together

tr: treble

WS: wrong side

yo: yarn over

QUESTIONS?
Scan the QR code for the Berroco Learning Center where you will find our fit guide, how-to videos, the complete glossary and more.