

Rest Your Weary Cup

An Anti-Craft Pattern



Note

You can make different sets depending on your knitting skills and preferences. For example:

- four of one design in one colour
- four of one design in four different colours
- one of each design in one colour
- one of each design in four different colours

Materials

- Approx 50g of cotton yarn for set of four coasters
- Pair of 3.5mm needles

Measurements

25cm x 25cm (10" x 10")

Coaster One

Cast on 26 stitches

Row 1: *k1, p1, repeat to end

Row 2: *p1, k1, repeat to end

Repeat rows 1 and 2

Row 5: k1, p1, k21, p1, k1, p1

Row 6: p1, k1, p21, k1, p1, k1

Repeat rows 5 and 6 13 times

Repeat row 5

Row 34: *p1, k1, repeat to end

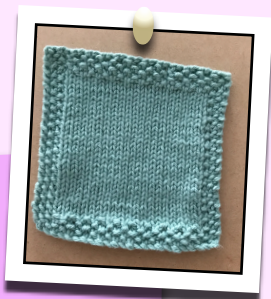
Row 35: *k1, p1, repeat to end

Repeat rows 34 and 35

Cast off loosely

Cut yarn, weave in ends

Block to measurements



Coaster Two

Cast on 26 stitches

Row 1: *k1, p1, repeat to end

Row 2: *p1, k1, repeat to end

Repeat rows 1 and 2

Row 5: k1, p1, k21, p1, k1, p1

Row 6: p1, k1, p21, k1, p1, k1

Repeat rows 5 and 6 twice

Repeat row 5

Row 12: p1, k1, p6, k1, p1, k1, p1, k1, p1, k1, p1, k1, p6, k1, p1, k1

Row 13: k1, p1, k6, p1, k1, p1, k1, p1, k1, p1, k1, p1, k6, p1, k1, p1

Repeat rows 12 and 13 six times

Repeat row 12

Row 27: k1, p1, k21, p1, k1, p1

Row 28: p1, k1, p21, k1, p1, k1

Repeat rows 27 and 28 twice

Repeat row 27

Row 34: *p1, k1, repeat to end

Row 35: *k1, p1, repeat to end

Repeat rows 34 and 35

Cast off loosely

Cut yarn, weave in ends

Block to measurements



Autism Fact

Autism: Awareness, Acceptance, Appreciation

Many autistic people have intense and highly-focused interests. These may (or may not) relate to their study, work or community participation. Special interests provide a way to relax and de-stress, a sense of structure and order, and a way to start conversations.





Coaster Three

Cast on 26 stitches

Row 1: *k1, p1, repeat to end

Row 2: *p1, k1, repeat to end

Repeat rows 1 and 2

Row 5: k1, p1, k21, p1, k1, p1

Row 6: p1, k1, p21, k1, p1, k1

Repeat rows 5 and 6

Repeat row 5

Row 10: p1, k1, p5, k1, p1, k1, p1, k1, p1, k1, p1, k1, p1, k1,

p5, k1, p1, k1

Row 11: k1, p1, k5, p1, k1, p1, k1, p1, k1, p1, k1, p1, k1, p1, k5,

p1, k1, p1

Repeat rows 10 and 11 once

Row 14: p1, k1, p5, k1, p1, k1, p7, k1, p5, k1, p1, k1

Row 15: k1, p1, k5, p1, k1, p1, k7, p1, k5, p1, k1, p1

Repeat rows 14 and 15 four times

Repeat row 14

Row 25: k1, p1, k5, p1, k1, p1, k1, p1, k1, p1, k1, p1, k1, p1,

k5, p1, k1, p1

Row 26: p1, k1, p5, k1, p1, k1, p1, k1, p1, k1, p1, k1, p1, k1,

p5, k1, p1, k1

Repeat rows 25 and 26

Row 29: k1, p1, k21, p1, k1, p1

Row 30: p1, k1, p21, k1, p1, k1

Repeat rows 29 and 30

Repeat row 29

Row 34: *p1, k1, repeat to end

Row 35: *k1, p1, repeat to end

Repeat rows 34 and 35

Cast off loosely

Cut yarn, weave in ends

Block to measurements



Coaster Four

Cast on 26 stitches

Row 1: *k1, p1, repeat to end

Row 2: *p1, k1, repeat to end

Repeat rows 1 and 2

Row 5: k1, p1, k7, p1, k5, p1, k1, p1, k5, p1, k1, p1

Row 6: p1, k1, p7, k1, p5, k1, p1, k1, p5, k1, p1, k1

Repeat rows 5 and 6 twice

Repeat row 5

Row 12: *p1, k1, repeat to end

Row 13: *k1, p1, repeat to end

Repeat rows 12 and 13

Row 16: p1, k1, p7, k1, p5, k1, p1, k1, p5, k1, p1, k1

Row 17: k1, p1, k7, p1, k5, p1, k1, p1, k5, p1, k1, p1

Repeat rows 16 and 17 twice

Repeat row 16

Row 23: *k1, p1, repeat to end

Row 24: *p1, k1, repeat to end

Repeat rows 23 and 24

Row 27: k1, p1, k7, p1, k5, p1, k1, p1, k5, p1, k1, p1

Row 28: p1, k1, p7, k1, p5, k1, p1, k1, p5, k1, p1, k1

Repeat rows 27 and 28 twice

Repeat row 27

Row 34: *p1, k1, repeat to end

Row 35: *k1, p1, repeat to end

Repeat rows 34 and 35

Cast off loosely

Cut yarn, weave in ends

Block to measurements