

# “when life gives you lemons” lemon stress ball pattern

Designed by Twinkie Chan

## knit version:

### FINISHED MEASUREMENTS

Approximately 4.5 in. (11.4 cm) long and 2.5 in. (6.4 cm) wide.

### MATERIALS

- Green worsted weight yarn, like Red Heart® Super Saver® Spring Green; Vanna's Choice® Radiant Lime; or Lily® Sugar'n Cream® Hot Green—approx. 1 yard (91.4 cm)
- Yellow worsted weight yarn, like Red Heart® Super Saver® in Bright Yellow; Vanna's Choice® Radiant Yellow; or Lily® Sugar'n Cream® Yellow—approx. 18 yards (16.5 meters)
- One set (4) size 7 (4.5mm) double-pointed needles (dpn) OR SIZE TO OBTAIN GAUGE
- Stitch marker
- Scissors
- Tapestry needle
- .6 ozs. Poly-fil® from Fairfield™

**NOTE:** Watch Twinkie Chan's how-to crochet a Lemon Stress Ball video on the Craft Yarn Council's YouTube channel (<https://www.youtube.com/user/CraftYarnCouncil>). Plus, she shows another way of filling your Stress Ball with poly beads.

### GAUGE

28 sts = 5 in. (12.7 cm) and 7 rnds = 4 in. (10 cm).  
Take the time to check your gauge.

### ABBREVIATIONS AND GLOSSARY

**CC** = Contrasting color  
**dec** = decrease  
**dpn** = double pointed needles

**in(s)** = inch(es)  
**inc** = increase  
**k** = knit  
**k2tog** = knit 2 together  
**kfb** = Knit into front and back of stitch  
**LH** = left hand  
**M1** = Insert LH needle from back to front under the strand between last stitch worked and next stitch on LH needle. Knit into the front loop to twist the stitch.  
**MC** = Main color  
**RH** = right hand  
**rnd(s)** = round(s)  
**st(s)** = stitch(es)

### SINGLE CAST ON

1. Place a slip knot on the RH needle, leaving a short tail. Wrap the yarn from the ball around your left thumb from front to back and secure it in your palm with your other fingers.
2. Insert the needle upwards through the strand on your thumb.
3. Slip this loop from your thumb onto the needle, pulling the yarn from the ball to tighten it.
4. Continue in this way until all the stitches are cast on.

## lemon

With CC and single cast on method, cast on 5 sts.

### stem

**I-cord row 1:** Slide sts to RH end of dpn, slip the slip knot onto RH needle. Pull the end tightly from the end of the row, k to end. Slide stitches to RH end of dpn.

**I-cord row 2:** Drop the slip knot,



(kfb, k1) twice—6 sts. Pull on tail to release slip knot and tighten i-cord. Distribute evenly over 3 dpns. Place marker for beginning of rnd and join, taking care not to twist stitches.

**Next rnd** Knit.  
Cut CC and attach MC.

### body

**Rnd 1:** Knit.

**Rnd (inc) 2:** (K1, M1, k1) 3 times around—9 sts.

**Rnd 3:** Knit.

**Rnd (inc) 4:** (K1, M1) 9 times around—18 sts.

**Rnds 5–7:** Knit.

**Rnd (inc) 8:** (K2, M1, k1) 6 times around—24 sts.

**Rnds 9:** Knit.

**Rnd (inc) 10:** (K5, M1, k7) twice around—26 sts.

**Rnd (inc) 11:** (K7, M1, k6) twice around—28 sts.

Work even until lemon measures 4 in. (10 cm) from beginning.

**Dec rnd 1:** (K2tog, k5) 4 times around—24 sts.

**Next rnd:** Knit.

Stuff lemon firmly. Additional stuffing may be added as necessary while decreasing as follows:

**Dec rnd 2:** (K2, k2tog) 6 times around—18 sts.

**Dec rnd 3:** (K2tog) 9 times around—9 sts.

**Next 2 rnds:** Knit.

**Dec rnd 4:** (K2tog, k1) around—6 sts.

Cut yarn, leaving a long tail. Thread yarn through remaining stitches and pull tight to close. Weave in ends.

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Well, this lemon is a win-win, because you can **stitch away stress** while you're making it and then **squeeze away stress** as often as you need after it's done! How great is that?! Oh, and don't forget to show off your lovely lemon when you're done! **Post a pic of it along with the hashtag #StitchAwayStress and #lemonstressball on Instagram, Twitter and Facebook!**

The information on this instruction sheet is presented in good faith and without warranty. Results are not guaranteed.

