

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

Designed by Twinkie Chan

## crochet version\*

### 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. 26 yards (24 meters)
- H8/5.0mm crochet hook
- Scissors
- Tapestry needle
- .6 ozs. Poly-fil® from Fairfield™

### FINISHED SIZE

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

### GAUGE

15 sc x 18 rows = 4 in. (10 cm) x 4 in. (10 cm)

### ABBREVIATIONS

**ch(s)** = chain(s)

**dec** = decrease

**FLO** = front loop only

**in** = inch(es)

**rnd(s)** = round(s)

**sc** = single crochet

**sc2tog** = single crochet two together

**sl st** = slip stitch

**st(s)** = stitch(es)

**YO** = yarn over

**( )** = work instructions within parentheses as many times as directed

**[ ]** = repeat everything in the brackets the number of times indicated

### NOTES

1. When decreasing in this pattern, I would suggest the invisible decrease. With the Right Side of your work on the outside of the Lemon, insert hook into FLO of next st, then insert hook into FLO of following st, [YO and pull through 2 loops] 2 times.
2. This pattern calls for polyfill to stuff the lemon, but you can use some other stress-relieving options such as:
  - Cut the leg off a pair of pantyhose. Insert the toe into your nearly completed Lemon at around Rnd 18 and use a funnel to fill the pantyhose with poly beads until you are happy with the feel of the Lemon. Tie off the pantyhose to close the opening and trim any extra pantyhose. Finish crocheting the Lemon.
  - Blow up a water balloon to stretch it out. Then insert it into your nearly completed Lemon at around Rnd 18 and use a funnel to fill the balloon with sand or corn starch. Tie off the balloon when you are happy with the feel of the Lemon and finish crocheting the Lemon.

**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.



## lemon

With Green ch 3 and sl st to 1st ch to form ring.

**Rnd 1:** Ch 1, work 6 sc into ring. Don't join rnds and continue to work in a spiral—6 sts. Fasten off Green. Join Yellow.

**Rnd 2:** Sc in each sc around—6 sts.

**Rnd 3:** (2 sc in next st, sc in next sc) 3 times—9 sts.

**Rnd 4:** Sc in each sc around.

**Rnd 5:** 2 sc in each sc around—18 sts.

**Rnd 6:** (2 sc in next sc, sc in next two sc) 6 times—24 sts.

**Rnd 7:** Sc in each sc around.

**Rnd 8:** (2 sc in next st, sc in next 5 sc) 4 times—28 sts.

**Rnd 9 -15:** Sc in each sc around.

**Rnd 16:** (Sc2tog, sc in next 5 sc) 4 times—24 sts.

**Rnd 17:** Sc in each sc around.

**Rnd 18:** (Sc2tog, sc in next 2 sc) 6 times—18 sts.

**Note:** Begin stuffing the Lemon firmly and continue to stuff a little more as you finish the rest of the pattern.

**Rnd 19:** Sc2tog around—9 sts.

**Rnd 20:** Sc in each sc around.

**Rnd 21:** (Sc2tog, sc in next sc) 3 times—6 sts.

**Rnd 22:** Sc in next 4 sc. Sl st into next st and leave last st unworked—6 sts.

Fasten off yarn and weave tail through remaining 6 sts, pull to close and 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.

