

Valentine Heart – Flat Knitting Pattern

This is a pattern for a flat knitted heart – perfect for bunting, sewing as an applique, or attaching to a card.



You will need:

- 4mm straight knitting needles
- DK yarn
- Darning needle
- Optional: Stuffing, string, pinbacks, keyrings, clips

This is knitted top down, starting at the curves at the top of the heart, ending at the point at the bottom.

Cast on 3 – You will end up making 2 on the one needle

1. Knit 1 front and back, knit 1, knit 1 front and back (5 stitches)
2. Knit all stitches
3. Slip 1, knit 1 front and back, knit 1, knit 1 front and back, knit 1 (7 stitches)
4. Knit 3, purl 1, knit 3
5. Slip 1, knit 1 front and back, knit 3, knit 1 front and back, knit 1 (9 stitches)
6. Knit 3, purl 3, knit 3
7. Slip 1, knit 1 front and back, knit 5, knit 1 front and back, knit 1 (11 stitches)
8. Knit 3, purl 5, knit 3
9. Knit all stitches
10. Knit 3, purl 5, knit 3

Cut yarn with 20cm tail. Slide to the side, and cast on 3 for the second part.





Slide both sections together

1. Knit 10, knit 2 together THEN, before moving the stitches off the needle,, increase by knitting into the back of the stitches you just knit together You should now have 2 stitches instead of one. ,, Knit the remaining 10stitches. (22 stitches)
2. Knit 3, purl 16, knit 3
3. Knit whole row
4. Knit 3, purl 16, knit 3
5. Knit 2, ssk, knit to last 4, knit 2 together, knit 2 (20 stitches)
6. Knit 3, purl 14, knit 3
7. Knit 2, ssk, knit to last 4, knit 2 together, knit 2 (18 stitches)
8. Knit 3, purl 12, knit 3
9. Knit 2, ssk, knit to last 4, knit 2 together, knit 2 (16 stitches)
10. Knit 3, purl 10, knit 3
11. Knit 2, ssk, knit to last 4, knit 2 together, knit 2 (14 stitches)
12. Knit 3, purl 8, knit 3
13. Knit 2, ssk, knit to last 4, knit 2 together, knit 2 (12 stitches)
14. Knit 3, purl 6, knit 3
15. Knit 2, ssk, knit to last 4, knit 2 together, knit 2 (10 stitches)
16. Knit 3, purl 4, knit 3
17. Knit 2, ssk, knit to last 4, knit 2 together, knit 2 (8 stitches)
18. Knit 3, purl 2, knit 3
19. Knit 2, ssk, knit 2 together, knit 2 (6 stitches)
20. Knit whole row

21. Knit 1, ssk, knit 2 together, knit 2 (4 stitches)
22. Ssk, knit 2 together
23. Purl 2 together, cut yarn, thread through stitch, pull tight.

The flat heart needs blocking to stay flat. Darn in your tails.





Note: Original Pattern by the Yarn Guru:

<https://theknitguru.com/2018/01/26/valentine-heart-flat-knitting-pattern/comment-page-1/>

I made a few very minor modifications. Ilene Gast