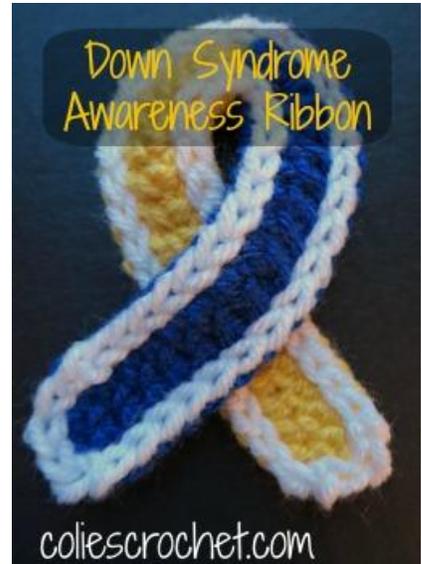


# Living the Good Life and Free Down Syndrome Awareness Ribbon

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Today is World Down Syndrome Day. And with that I bring you a guest blogger, Mardra Sikora, a local blogger, writer, and advocate. I jumped at the idea of having Mardra guest blog as those with special needs are near and dear to my heart. At the end of the post, I also offer a pattern for a Down Syndrome Awareness Ribbon (or any ribbon for that matter!) Make sure you read all the way to the end to see what the Good Life means to me. To see the full blog post, visit <http://coliescrochet.com/2014/03/20/living-the-good-life-and-free-down-syndrome-awareness-ribbon>. Enjoy!



## Skill Level:

- Easy

## Materials:

- Any size hook, I usually use whatever size I am using for the project I am appliquéing onto. I would recommend size F – J for worsted weight or Aran yarn.
- Yellow, blue and white worsted weight yarn. Less than 2g (3 yds) each.
- Pin to hold ribbon in place while you stitch around it
- Yarn or Tapestry needle to weave in ends and to sew on to project if you are using the ribbon as an applique
- Brooch pin or barrette if desired

## Other Resources:

- For awareness ribbon colors, visit: [http://en.wikipedia.org/wiki/List\\_of\\_awareness\\_ribbons](http://en.wikipedia.org/wiki/List_of_awareness_ribbons)

## Gauge:

- Not important

## Abbreviations and Stitches Used: (In US terminology)

- Ch – chain stitch
- Dc – double crochet
- Sl st – Slip Stitch
- St – stitch

### Pattern Notes:

- Pattern is written in US terms
- Read pattern in its entirety first

### Ribbon

**Left-handed directions:** Ch 15 with blue, switch to yellow and ch 17.

Dc in 3<sup>rd</sup> ch from hook and in next 11 st, 2 dc in next 3 st, switch back to blue and 2 dc in next 3 st, dc in each of last 12 st. Finish off. (If you are familiar with foundation dc, you can do this for the first row instead of chaining and working dc)

Change to accent color and sl st all the way around. Finish off.

**Right handed directions:** Ch 15 with yellow, switch to blue and ch 17.

Dc in 3<sup>rd</sup> ch from hook and in next 11 st, 2 dc in next 3 st, switch back to yellow and 2 dc in next 3 st, dc in each of last 12 st. Finish off. (If you are familiar with foundation dc, you can do this for the first row instead of chaining and working dc)

Change to accent color and sl st all the way around. Finish off.

### Finishing

Use a bit of the main color to tack the ribbon together in the middle by coming up through the bottom over an existing stitch (to hide the tacking) and going back down through the top. Tie in a knot in the back and weave in all ends.

### Uses

- Sew as an appliqué onto a hat, scarf, handbag or tote bag.
- Sew or glue onto a brooch pin
- Sew or glue onto a barrette



For me, the Good Life is easy to define. I feel blessed to have a beautiful family, wonderful friends, and a creative passion. First and foremost, I am a wife and stay-at-home mother to two with another on the way. My husband and I raise our children in a faith-filled home. We both have had our struggles in life, as children and adults, together and apart. I believe that makes us that much more appreciative of the good things in life. We don't have tons of friends, but the ones we have are true and we consider each of them family. Lastly, I have my creative outlet and passion. If you had asked me 3 years ago if I would be selling my own crochet items and blogging about it, I would have said you were crazy! I am excited to see where the next year takes me as my oldest child will be starting kindergarten, we will be welcoming our 3<sup>rd</sup> baby, and who knows where crochet will take me. Like many Nebraskans, I thought I would leave eventually, but Midwestern values like kindness, caring for your neighbor and hard work are difficult to say good-bye to.

You may not be from Nebraska, but how would you define the Good Life?

Be sure to follow Colie's Crochet for updates and to see what I'm currently working on and to share pictures of your finished pieces from Colie's Crochet patterns.

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