



knitting

CLUB

by Kristie



I would like to acknowledge that I am an uninvited guest on the territory of the T'kemlúps te Secwépemc people who have been stewards of this Land since time immemorial.

This Land has always been a place of learning. I acknowledge my responsibility to learn about the Secwépemc people, about this Land, and how I can help to care of this Land for the benefit of future generations.



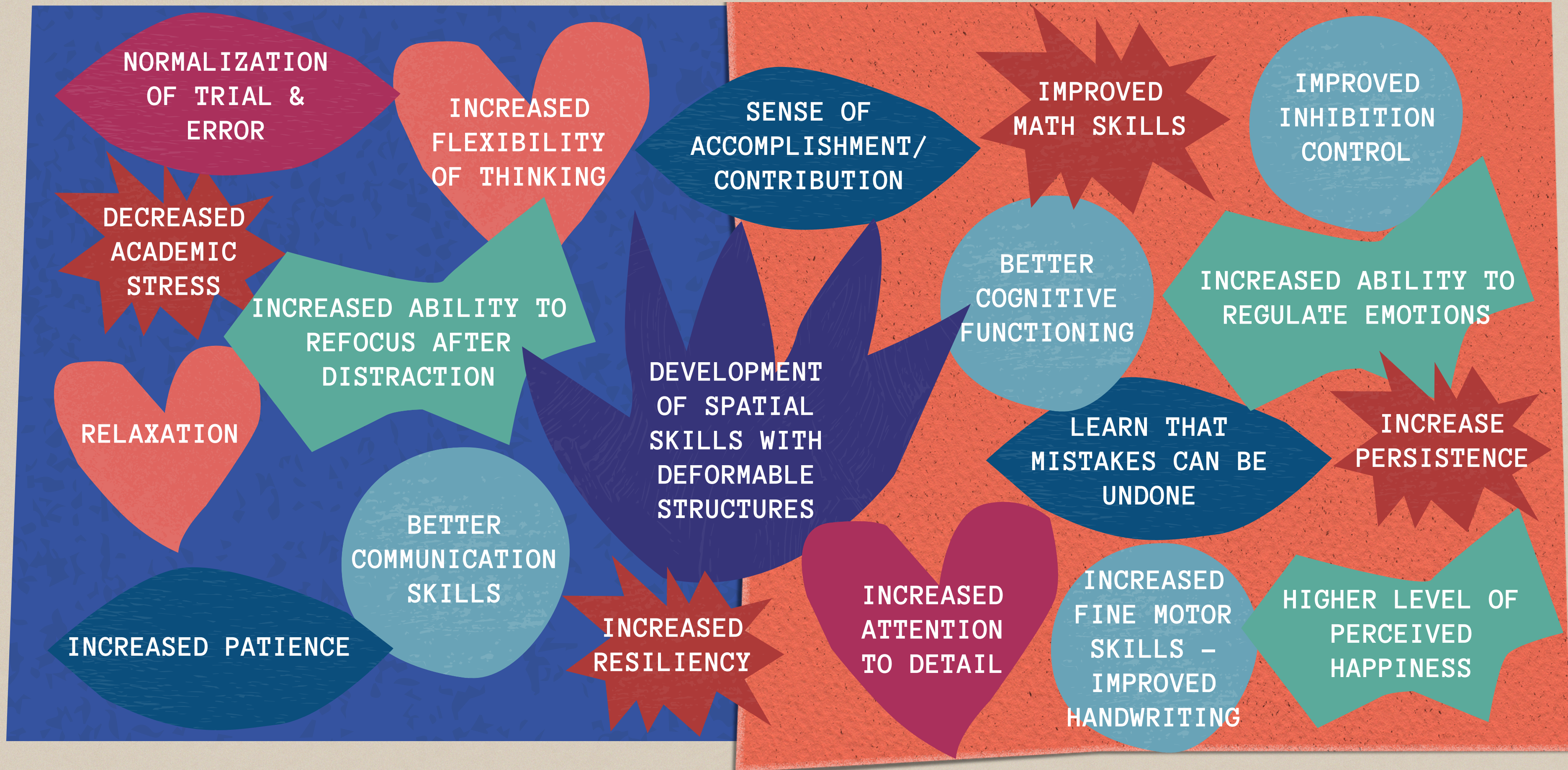
CONTEMPORARY CHALLENGE: INCREASING STUDENT ANXIETY

- “recent estimates suggest that 12% of youth ages 3 to 17 have experienced an anxiety or mood disorder”
- the prevalence of anxiety in youth is increasing
- children are starting to experience anxiety as early as kindergarten
- “Research also suggests that failure to mitigate children’s emotional symptoms can result in wide-ranging, far-reaching negative outcomes across the lifespan.”

- Zakszeski et. al. 2025



LITT REVIEW: BENEFITS ASSOCIATED WITH KNITTING



SCHOOL KNITTING CLUBS

- Seth Boyden Elementary School in Maplewood, N.J.
 - introduced by sparking students' curiosity
 - over 200 students in their knitting club
 - lots of peer teaching
 - an activity where everyone starts off at the same level
 - noticed the calming effect which led to children talking to each other which led to community building
 - curricular connections – in science, boil leaves and roots to make dyes.

- Westwood Elementary School, Friendsville, TX
 - morning knitting club before school
 - added Saturday sessions at the library for students who wanted extra help.



Grade 3 students, Westwood Elementary



OUR KNITTING CLUB

Piggybacking off of Dr. Jennifer Katz's Spirit Buddies program, students will have 20-30 minutes at the start of each day to knit and chat with their classmates.

Begin by implementing the Spirit Buddies program. Teach students how to knit at a different time as the morning chat period should remain a positive, relaxing experience.

Knitting is best taught one-on-one so start with one student then students are responsible for teaching each other.

Once students are comfortable with knitting, they can knit during their morning Spirit Buddies talks.

This will add the mental health benefits of knitting onto the mental health benefits students get from connecting with their peers each day. Knitting also helps ease social tension/awkwardness by providing introverted students with something to talk about.

Knitting is a low floor/high ceiling activity.

low floor: big needles, thick wool or making pompoms or tassels

high ceiling: pattern design, teaching peers

INDIGENOUS CONNECTIONS



Knitting was taught to girls in Residential Schools and was tied to the acculturation of Indigenous women into colonialist society.

Socks Knitted

Pelly Indians knitted 125 pairs of socks, 138 pairs of mitts, and 32 sweaters, making more than 460 items of clothing for prisoners last year. They also gave \$271 to the Red Cross.

The Red Cross received \$388.26 from collections made on the Qu'Appelle agency which sent 40 parcels overseas, 21,600 cigarettes and collected for the scrap campaign 2,950 pounds of rubber and 65 tons of bones.

The same spirit has been shown on every reserve in the province of which these figures are examples picked at random. As scrap collectors, the Saskatchewan Indians have a fine record, Mr. Christianson said, and quoted the figures to show it.

An Indian woman left her dress in her will to the Red Cross some months ago. The dress was valued at \$200. Another Indian prize, a chief's ceremonial shirt, was sold in aid of the Red Cross recently.

Through homemakers clubs and organizations of the same nature, the Saskatchewan Indians are taking their part in the nation's war effort. Many of them have been denied active service duties because of health standards. They are doing the next best thing, maintaining the spirit on the home front.

Source: The Indian Missionary Record, March 15, 1943

Pre-contact:

“the Coast Salish people wove blankets, leggings, and tumplines (burden straps) out of mountain goat wool, dog hair and other fibres”

Ingenuity:

In BC, Coast Salish women combined knitting with their traditional weaving techniques. Most notable is the design of the Cowichan sweater which was renowned for its high quality. Several people tried to immitate the design but only Coast Salish women are able to make authentic Cowichan sweaters.

Generosity:

Coast Salish women taught impoverished Japanese immigrants how to knit in the 1930s.

CONNECTIONS TO THE CURRICULUM

Grade 4

Social Studies Learning Standard (content): Early contact, trade, cooperation, and conflict between First Peoples and European peoples

Big idea: Interactions between First Peoples and Europeans lead to conflict and cooperation, which continues to shape Canada's identity.
For example: Oomigmak

FPPL:

- Learning ultimately supports the well-being of the self, the family, the community, the land, the spirits, and the ancestors.
- Learning involves patience and time.
- Learning involves recognizing the consequences of one's actions.

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