

# Craft for CoppaFeel!

## CROCHET STRESS BOOB

### What you'll need:

- Medium weight yarn (4) in two colours: one for the nipple & one for the boob
- 4mm hook
- Polyfil stuffing



### STARTING WITH NIPPLE COLOUR

Round 1: Chain 2. In the second chain from hook (6sc)

Round 2 & 3 (two rounds): 1sc in each stitch around (6sc)

Round 4: 2sc in each stitch around (12sc)

Round 5: \*2sc in the next stitch, 1sc in the next\* repeat \*\* around (18sc)

Round 6: \*2sc in the next stitch, 1sc in the next 2 stitches\* repeat \*\* around (24sc)

### CHANGE TO BOOB COLOUR

Round 7: \*2sc in the next stitch, 1sc in the next 3 stitches\* repeat \*\* around (30sc)

Round 8: \*2sc in the next stitch, 1sc in the next 4 stitches\* repeat \*\* around (36sc)

Round 9: \*2sc in the next stitch, 1sc in the next 5 stitches\* repeat \*\* around (42sc)

Round 10: \*2sc in the next stitch, 1sc in the next 6 stitches\* repeat \*\* around (48sc)

Round 11: \*2sc in the next stitch, 1sc in the next 7 stitches\* repeat \*\* around (56sc)

Round 12 - 20 (8 rounds): 1sc in each stitch around (56sc)

Round 13: \*sc2tog, 1sc in the next 7 stitches\* repeat \*\* around (48sc).

Start Stuffing! Make sure to keep stuffing as you decrease.

Round 14: \*sc2tog, 1sc in the next 6 stitches\* repeat \*\* around (42sc)

Round 15: \*sc2tog, 1sc in the next 5 stitches\* repeat \*\* around (36sc)

Round 16: \*sc2tog, 1sc in the next 4 stitches\* repeat \*\* around (30sc)

Round 17: \*sc2tog, 1sc in the next 3 stitches\* repeat \*\* around (24sc)

Round 18: \*sc2tog, 1sc in the next 2 stitches\* repeat \*\* around (18sc)

Round 19: \*sc2tog, 1sc in the next stitch \* repeat \*\* around (12sc)

Round 13: sc2tog, repeat around (6sc).

Fasten off with a long tail and sew up the hole.



### Thank you for Crafting for CoppaFeel!

Your creativity will save lives, and help to ensure that all breast cancers in young people are diagnosed early and accurately.

### Got a question about fundraising?

We're here to help! Just email [fundraiser@coppafeel.org](mailto:fundraiser@coppafeel.org)

**CoppaFeel!**  
breast cancer awareness

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