7-Day Beginner Crochet Practice Plan

Fifteen to forty minutes a day, from the first slip knot to a small stuffed ball — the same skills used in most amigurumi. Tick each day when you finish it.

☐ **Day 1 · Slip knot and chain**

About 15–20 min · Lesson: www.forfunly.com/guides/start-a-crochet-chain

Make a slip knot. Chain 15, pull it out and repeat until the chains look even. Aim for loops that slide on the hook without being loose.

☐ **Day 2 · Single crochet rows**

About 20–30 min · Lesson: www.forfunly.com/blogs/news/how-to-crochet-your-first-practice-square

Chain 16. Single crochet into the 2nd chain from the hook and every chain across (15 sc). Chain 1, turn. Work 8 rows, counting 15 stitches at the end of each row.

☐ **Day 3 · Counting and straight edges**

About 20–30 min · Lesson: www.forfunly.com/guides/amigurumi-stitch-counting

Continue the same piece. Put a stitch marker in the first and last stitch of each row. Work 6 more rows. Edges that wander mean a stitch was skipped or added — count again.

☐ **Day 4 · Taller stitches**

About 25–30 min · Lesson: www.forfunly.com/guides/half-double-crochet (and /double-crochet)

On a new chain, work 4 rows of half double crochet, then 4 rows of double crochet. Follow the turning-chain note in each lesson, and compare the height of the three stitches.

☐ **Day 5 · Magic ring**

About 20 min · Lesson: www.forfunly.com/guides/crochet-magic-ring-practice

Make a magic ring and work 6 sc into it. Pull the tail to close the centre. Round 2: inc in each stitch (12). Repeat the whole exercise three times.

☐ **Day 6 · Flat circle**

About 25–30 min · Lesson: www.forfunly.com/guides/crochet-flat-circle

Rnd 1: 6 sc in MR (6). Rnd 2: inc × 6 (12). Rnd 3: (sc, inc) × 6 (18). Rnd 4: (2 sc, inc) × 6 (24). Rnd 5: (3 sc, inc) × 6 (30). Lay it flat: ruffles or cupping mean the count or tension is off.

☐ **Day 7 · A small ball**

About 30–40 min · Lesson: www.forfunly.com/guides/crochet-sphere

Rnds 1–3 as Day 6 (18). Rnds 4–6: sc around (18). Rnd 7: (sc, dec) × 6 (12). Stuff firmly. Rnd 8: dec × 6 (6). Fasten off, weave the tail through the last round and pull closed.

You will need: a 4–5 mm hook, smooth light-coloured worsted or DK yarn (easier to see stitches), a few stitch markers, scissors, a yarn needle and a little fibrefill for Day 7. US terms throughout. If a step feels hard, repeat that day before moving on.

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