

Heart-Shaped Crocheted Bracelet

THE FINISHED 'COMPLEMENTARY BROKEN HEART' BRACELETS
(AS SEEN IN)

STEP 1: GATHER MATERIALS & PREPARE

- 2 Colors of 100% Cotton Yarn (approx. 3.0mm/US D Hook)
- Scissors
- Tapestry Needle
- Tape Measure

STEP 2: CROCHET THE HALF-HEART PIECES
(2 pieces, one black, one white)

R1: MR, 6 sc.
R2: inc around (12 sc).
R3: (1 sc, inc) x 6 (18 sc)... with specific increases for the 'point' and 'curves'.
R2: RR, 1 sc x1 6 (18 sc).

Heart Pieces
Height: 3.0 cm
Width: 1.5 cm
0.3 cm
0.3 cm

STEP 3: CROCHET THE ADJUSTABLE CORD
(2 pieces)

PATTERN
Start with chain of 25.0 cm.
Turn, sc across 23.0 cm.
Fasten off.
Repeat for second color.

Adjustable Sliding Knot
Wrapping Technique
DETAIL A: SLIDING KNOT ASSEMBLY

STEP 4: FINAL ASSEMBLY

Thread yarn ends through
Attach matching cords.
Ensure heart halves face each
other for 'Broken Heart'
puzzle effect. Check "interlocking zig-zag" edge alignment (0.3 cm depth, 0.3 cm step). Total bracelet length including adjustability: 18.0-24.0 cm.

LEGEND & US QUILT-INSPIRED SEWING METHODS USED IN THIS DESIGN

- APPLIQUÉ (USA):** Hand-sewing fabric pieces onto a larger base fabric. (The heart pieces here are appliqued onto the cord).
- FOLDING & BINDING (USA):** Methods for finishing edges with strips of fabric or yarn. (The cord construction mimics this finish).
- BLOCK PIECING (USA):** Creating a pattern from repeated geometric units. (The interlocking heart edges are a form of piece-by-piece assembly).
- HAND STITCHING (USA):** The entire piece is handcrafted, equivalent to detailed hand quilting. (Emphasizes the artisan nature).

STEP 1: Gather Materials & Prepare

Before you begin, make sure you have all the correct materials ready. Using the right tools will ensure your bracelet turns out the correct size and shape.

You will need:

- 2 colors of **100% cotton yarn** (one light color, one dark color for the broken heart effect)
- Crochet hook size **3.0 mm (US D hook)**
- Scissors
- Tapestry needle
- Tape measure

Tips before starting:

- Cotton yarn is recommended because it holds shape well and gives a clean stitch definition.
 - Try to keep your tension consistent throughout the project so both heart halves match in size.
 - Each heart half should measure approximately:
 - Height: **3.0 cm**
 - Width: **1.5 cm**
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♥ STEP 2: Crochet the Half-Heart Pieces (Make 2)

You will create **two separate heart halves**, one in each color. These pieces will later interlock to form the “broken heart” design.

✨ Round 1 (R1): Start the Base

- Begin with a **magic ring (MR)**
- Work **6 single crochets (sc)** into the ring
- Pull tight to close

👉 You should now have a small circle with 6 stitches.

✨ Round 2 (R2): Increase the Circle

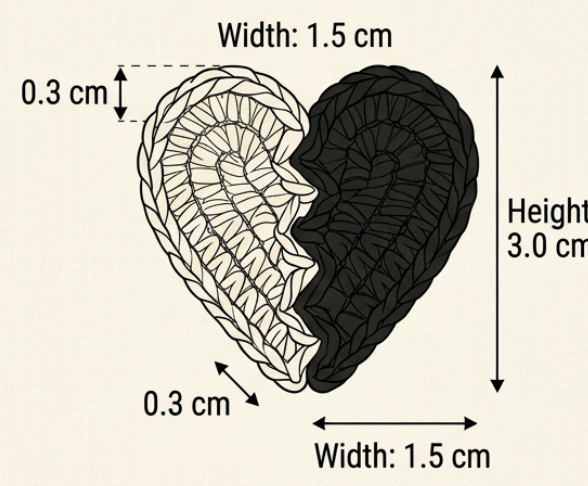
- Work **2 single crochets in each stitch around**
- Total: **12 stitches**

👉 This creates a slightly larger circle that forms the top of the heart.

✨ Round 3 (R3): Shape the Heart

This is where the heart shape begins forming.

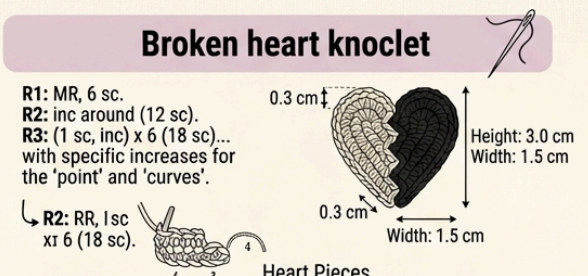
- Follow this pattern:
(1 sc, inc) × 6 times
- Total: **18 stitches**



Broken heart knoclet

R1: MR, 6 sc.
R2: inc around (12 sc).
R3: (1 sc, inc) x 6 (18 sc)... with specific increases for the 'point' and 'curves'.

R2: RR, 1 sc x 6 (18 sc).




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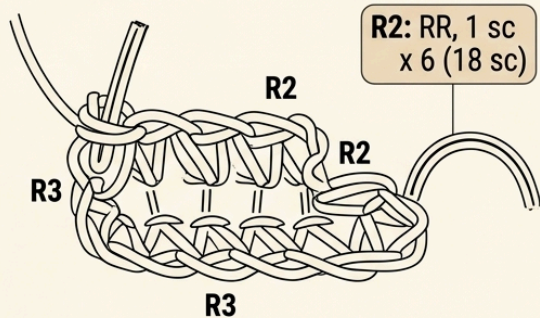
DETAIL A: SLIDING KNOT ASSEMBLY
(from Image)




Adjustable Sliding Knot

CROCHET HEART & CORD PATTERN
(from Image)

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R2: inc around (12 sc).
R3: (1 sc, inc) x 6 (18 sc)... with specific increases for the 'point' and 'curves'.



DETAIL A: SLIDING KNOT ASSEMBLY
(from Image)



Adjustable Sliding Knot

Now, shape the heart by adjusting stitch placement:

- One side will form the **rounded top curves**
- The opposite side will form the **pointed bottom**

💡 Tip: Use slightly tighter stitches at the bottom to create a sharper “point.”

✨ Creating the Broken Edge

- On one side of each heart, create a **zig-zag/jagged edge**
- This will allow both halves to interlock later like puzzle pieces

To do this:

- Alternate between:
 - Slip stitch (sl st)

- Single crochet (sc)
- Half double crochet (hdc)

👉 This uneven height creates the “broken” look.

✨ Finish the Piece

- Fasten off, leaving a tail for sewing
- Make a second identical piece in the other color

✓ You now have 2 mirrored heart halves

🧶 STEP 3: Crochet the Adjustable Cord (Make 2)

Each bracelet uses a cord with an adjustable sliding knot.

✨ Create the Cord

- Chain **25.0 cm (approx. 10 inches)**
- Turn your work
- Single crochet across until the cord measures **23.0 cm**

👉 Keep stitches tight and even for a sturdy cord

- Fasten off
 - Repeat for the second color
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✨ Make the Sliding Knot (Adjustable Closure)

This step is essential for making the bracelet adjustable.

1. Overlap the ends of the cord
2. Take one loose strand and wrap it around both cords **3–5 times**
3. Insert the end through the loops you created
4. Pull tight to secure

👉 This creates a **sliding knot mechanism**

Repeat on the other side if needed.

 When done correctly:

- You can pull the cords to tighten
 - Slide the knot to loosen
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STEP 4: Final Assembly

Now it's time to bring everything together!

Attach the Heart Pieces

- Position both heart halves so the **zig-zag edges interlock**
- Make sure they face each other properly to form the full broken heart

Using your tapestry needle:


- Sew each heart half securely onto its respective cord
 - Pass yarn through the back stitches neatly
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Join the Bracelet


- Attach each cord to its matching heart half
 - Ensure alignment:
 - The jagged edges should connect like puzzle pieces
 - The total bracelet length should be **18.0–24.0 cm (adjustable)**
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Final Adjustments

- Tighten all knots securely
- Trim excess yarn
- Weave in all loose ends

 Your bracelet is now complete!

Extra Tips for Best Results

- Keep both heart halves the **same size** for a clean fit
 - Block lightly if needed to shape the hearts
 - Use contrasting colors (like black & white) for a stronger visual effect
 - Make matching sets for couples or friends 
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Final Result

You now have a beautiful **Complementary Broken Heart Bracelet Set**:

- Each person wears one half
- When placed together, they form a complete heart

A perfect handmade gift symbolizing connection, friendship, or love 