

## *How to Use a Niddy Noddy*

*Take the end of the yarn in one hand while holding the center bar of the niddy noddy. First. Guide the yarn over the top bar (1) then down to and under the bar at the bottom (2), take the yarn back up and over the top bar on the other side (3) then down and under the bottom bar (4), while keeping a firm grip and slightly twisting your wrist. Continue to bring the yarn back up to the top bar where you started. Follow that same identical path on the niddy noddy until you run out of yarn.*

