



Crocheted Izzy Doll Pattern

by Carol Isfeld



The Story of the Izzy Doll

An Izzy Doll is a small, handmade doll that has become a symbol of Canadian peacekeeping and humanitarian work. It was inspired by Master Corporal Mark "Izzy" Isfeld, a [Canadian Military Engineer](#) who lost his life while clearing landmines in Croatia.

Mark often carried these dolls, made by his mother Carol, to distribute to children in war-torn areas. The dolls brought comfort and joy to children who had experienced trauma and loss.

The Izzy Doll initiative continues today, with volunteers (like you!) knitting and crocheting dolls to be sent to children in need around the world. They are a powerful symbol of compassion and hope.

Thank you for participating in this worthwhile initiative.

Did You Know?

Izzy dolls are designed to be transported by Canadian soldiers in the pockets of their uniforms. Please do not use any plastic buttons or metallic pieces as they could become choking hazards. They must be lightweight and the overall size of completed Izzy Dolls should be 13 to 16 cm (5 to 6 inches) in height.

Get Creative!

Izzy Dolls must all resemble humans. Their "clothing" comes in all styles and colours and creativity is encouraged! Long hair, short hair, braided hair, no hair, skirts, dresses, shirts, pants, hats, bonnets, or the traditional UN blue beret and soldier uniform are all welcome!

Please vary the skin tones used. Note that only natural coloured skin tones such as light, medium or dark brown, black, or, white, cream, pink are acceptable. Izzy Dolls are sent to a variety of different locations across the globe and our goal is for the children to feel that the Izzy Dolls represent them well.

Materials Required

- ❑ Synthetic wool should be used to prevent shrinking. Colours and skin tones should be varied. Carol liked to use variegated wool. Assorted weights can be used such as worsted 4-ply and/or sport/2-ply.
- ❑ Crochet hooks in sizes 3.0 mm, 4.5 mm and 5.0 mm (equivalent to US hook sizes D-3, 7 and H-8).
- ❑ Yarn needle for sewing parts together. A longer needle may make it easier to sew up through the body.
- ❑ Synthetic batting or stuffing for head.



Where To Send Completed Izzy Dolls?

Please see izzydoll.org/en/drop-off-locations/ or write to info@izzydoll.org Thank you for your contributions!

Copyright Notice

Please note that Izzy Dolls are copyrighted and cannot be bought or sold for financial gain. They can only be given freely to comfort children in need. ©



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Body

- ❑ All measurements are approximate, however, please remember that the finished Izzy Doll should measure approximately 15 cm (6 inches) in height.
- ❑ The finished body will measure 4.5 to 5 cm (1½ to 2 inches) in width and 5 cm (2 inches) in height.
- ❑ Use a synthetic white wool as the starting "base" upon which to crochet the coloured coils.
- ❑ **Fig 01** shows the last coil with the white "base" with long tails (approximately 30 cm / 12 inches) left to facilitate binding.
- ❑ **Fig 02** shows the body coil before it is sewn together.
- ❑ To create the coil, use a 4.5 mm – 5.0 mm hook and 4 ply white "base" wool, Ch (chain) 50 – 60.
- ❑ In each Ch, make 3 DC (double crochet) until last Ch using body coloured wool.
- ❑ The coil will begin to curl. Straighten and flatten the curls, and coil them together to form the body.
- ❑ Curls will be approximately 4 to 5 cm (1½ to 2 inches) across. Once coiled, there should be 10 to 12 rings as seen in **Fig 03**.
- ❑ Align Chs then sew up and down to secure and compress the body until it measures 5 cm (2 inches) in height.
- ❑ After sewing the body, note that one end forms a slight depression, as seen in **Fig 04**. This is where the head will be attached.

Tips and Tricks!

The basic pattern is a series of coils. The body, arms, and legs are all made in the same way, adjusting only the size and colours to arrive at proportions to create the Izzy Doll.

Remember to leave long tails 30 to 45 cm (12 to 18 inches) at the beginning and end of each piece to allow them to be sewn together. Once the doll is completed, all ends are to be crocheted into the doll to maintain neatness.

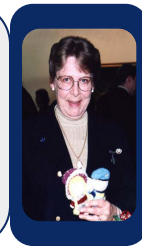
Using a longer yarn needle will make it easier to sew up through the Izzy Doll body.





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Legs

- ❑ All measurements are approximate, however, please remember that the finished Izzy Doll should measure approximately 15 cm (6 inches) in height.
- ❑ Crochet 2 legs. Each finished leg will measure 2.5 cm (1 inch) in width and 5 cm (2 inches) in height.
- ❑ Use a synthetic white wool as the starting "base" upon which to crochet the coloured coils.
- ❑ Remember to leave long tails (approximately 30 cm / 12 inches) on all pieces to facilitate binding together.
- ❑ To create the coil, use a 4.5 mm – 5.0 mm hook and 4-ply white "base" wool, Ch (chain) 30 – 40.
- ❑ In each Ch, make 3 HDC (half double crochet) until last Ch using leg colour or contrasting colour wool.
- ❑ If desired, create a "foot" or "shoe" by switching to a contrasting colour for the last curl.
- ❑ Curls will be approximately 2 cm (¾ inch) across. Once coiled there should be 10 rings as seen in **Fig 05**.
- ❑ Align Chs then sew to secure and compress the leg to 5 cm (2 inches) in height and secure wool at the top.
- ❑ Repeat to create the second leg as seen in **Fig 06**.
- ❑ Attach one leg at a time to the body securely, sewing up and down through the body, tying tightly at the top.
- ❑ To facilitate sewing the legs to the body, the tails of 4-ply wool can be separated into strands.
- ❑ **Fig 07** shows the Izzy Doll with both legs attached.

Fig 05



Fig 06

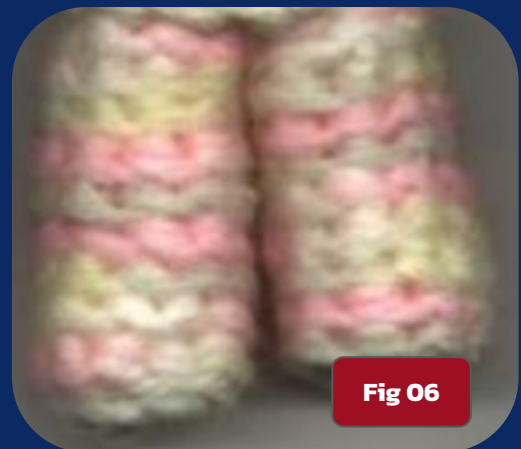


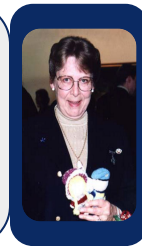
Fig 07





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Arms

- ❑ All measurements are approximate.
- ❑ Crochet 2 arms.. Each finished arm will measure 2 to 2.5 cm ($\frac{3}{4}$ to 1 inch) in width and 3 to 3.5 cm ($1\frac{1}{4}$ inches) in length.
- ❑ Use a synthetic white wool as the starting "base" upon which to crochet the coloured coils.
- ❑ Remember to leave long tails (approximately 30 cm / 12 inches) on all pieces to facilitate binding together.
- ❑ For the arms use a 3.0 mm hook and 2-ply wool, Ch 20 – 30 using the white "base" colour wool.
- ❑ In each Ch, make 3 SC (single crochet) in each Ch until last Ch using chosen arm colour or a wool of contrasting colour.
- ❑ If desired, create a "hand" by switching to a contrasting colour for the last curl.
- ❑ Align Chs then sew to secure and compress and form the arm so that it measures 2 to 2.5 cm ($\frac{3}{4}$ to 1 inch) in width and 3 to 3.5 cm ($1\frac{1}{4}$ inches) in length as seen in Fig 08.
- ❑ Repeat to create the second arm as seen in Fig 09.
- ❑ Attach each arm to the body side, and sew up and through the body, securing at the top as seen in Fig 10.

Fig 08

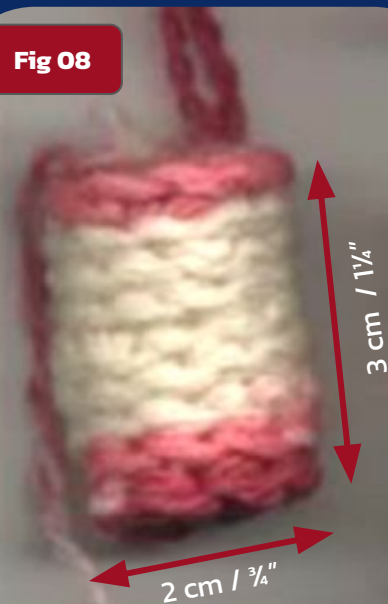


Fig 09



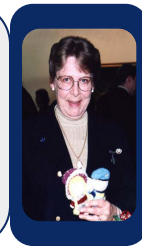
Fig 10





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Head

- ❑ All measurements are approximate.
- ❑ The head will be a sphere in which to pack compressed synthetic batting. The finished head should have a diameter of 4.5 to 5 cm (1¾ to 2 inches).
- ❑ Please vary the skin tones used as Izzy Dolls are sent to a variety of different locations across the globe.
- ❑ Using 2 ply flesh-coloured wool and a 3.0 mm hook, Ch 5 and join to first Ch to make a circle.
- ❑ Make 2 SC (single crochet) in each Ch. Repeat increases for 3 or 4 rounds until the head measures approximately 2.5 cm (1 inch) diameter when pressed flat.
- ❑ Continue straight 1 SC in each SC until the head measures 4.5 to 5 cm (1¾ to 2 inches) across when pressed flat.
- ❑ Start to decrease (SC 2 together) every 4th or 5th stitch.
- ❑ As the head curls down, form a sphere. Continue to decrease until there is only a small hole.
- ❑ Stuff with synthetic batting leaving long tails 30 to 45 cm (12 to 18 inches) to attach to the body as seen in Fig 11.
- ❑ Shape and sew the head closed so that it has a diameter of 4.5 cm (1¾ inches) as seen in Fig 12.
- ❑ Attach the stuffed head to the body top, sewing through the top, hiding the stitches and securing tightly. The Izzy Doll base is now complete as seen in Fig 13.



Fig 11

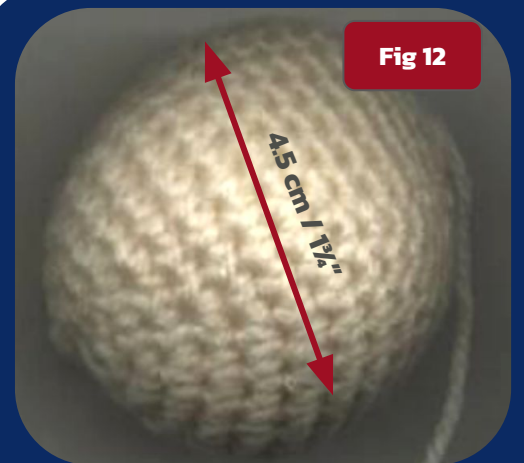
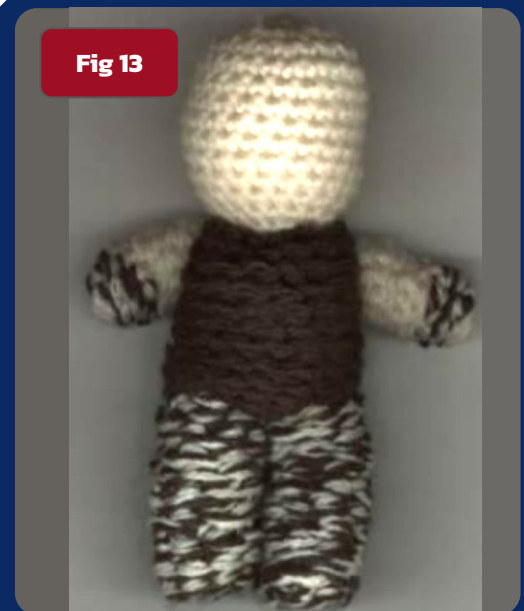


Fig 12



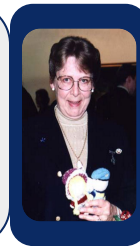
Fig 13





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Long Hair

- ❑ Remember that Izzy Dolls can be created with short hair, long hair, braids or no hair!
- ❑ Use 4 ply wool to make long hair or braids by assembling 12 strands of 18 cm (7 inches) lengths of wool. Separate into three groups with four lengths in each.
- ❑ Gather at the center and tie together, leaving long tails of wool to attach the hair to the head.
- ❑ If desired, braid each side and add tie the ends with contrasting coloured bows.
- ❑ Use little strands of wool to make bangs or curls as seen in Fig 14.
- ❑ Sew the hair to the head using the long tails, forming long hair or braids as seen in Fig 15 and Fig 16.



Fig 15

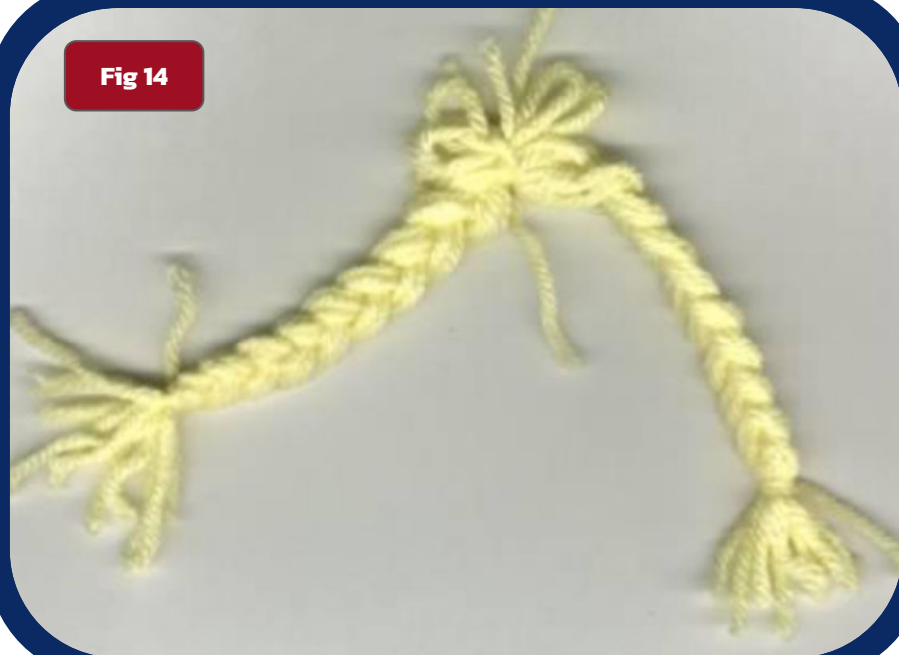


Fig 14

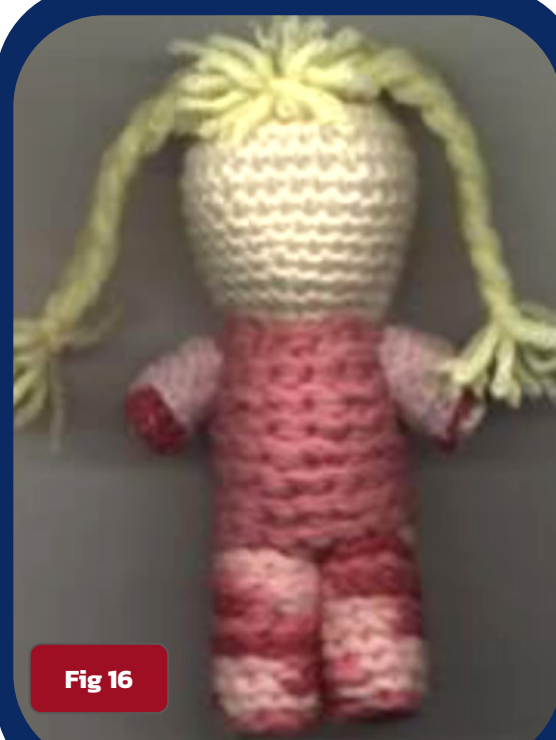


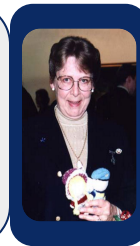
Fig 16





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Hats

- ❑ Remember that Izzy Dolls can be created with a hat, a bonnet, the traditional UN blue beret or no hat at all. The creativity is limitless!
- ❑ PEACEKEEPER BERET
- ❑ To create a peacekeeper's beret, a half sphere is formed as seen in Fig 17.
- ❑ Using 2-ply medium blue wool and a 3.0 mm hook Ch 5 and join to first Ch to make a circle.
- ❑ Make 2 SC in each Ch as for the head, increasing until it measures 5 cm (2½ inches) diameter when pressed flat.
- ❑ It will start to curl down.
- ❑ Approximately 12 rounds from the start, continue 1 SC in each SC until the beret diameter measures 4 cm (1½ inches) and has decreased enough to fit the head.
- ❑ Change to black wool and create a small band, leaving a long wool tail to sew the hat to the head.
- ❑ Using white wool, embroider a small circle onto the beret to simulate the UN badge as seen in Fig 18.
- ❑ Sew the beret to the head and pull the right side down and secure it to the side of the head as seen in Fig 19.
- ❑ BONNETS, BEANIES, BUCKET HATS AND MORE
- ❑ Patterns exist to create a great variety of hats.
- ❑ A simple circle hat can be created then sewn onto the Izzy Doll as seen in Fig 20..

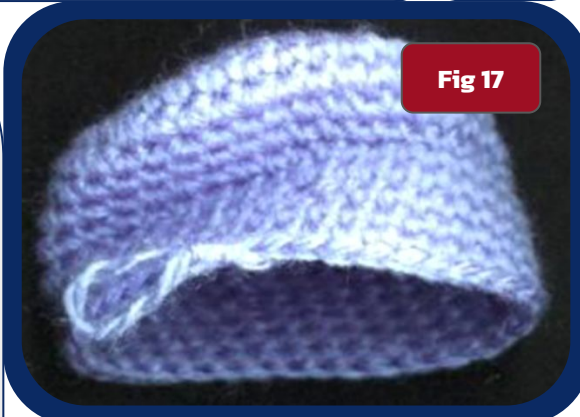


Fig 17



Fig 18

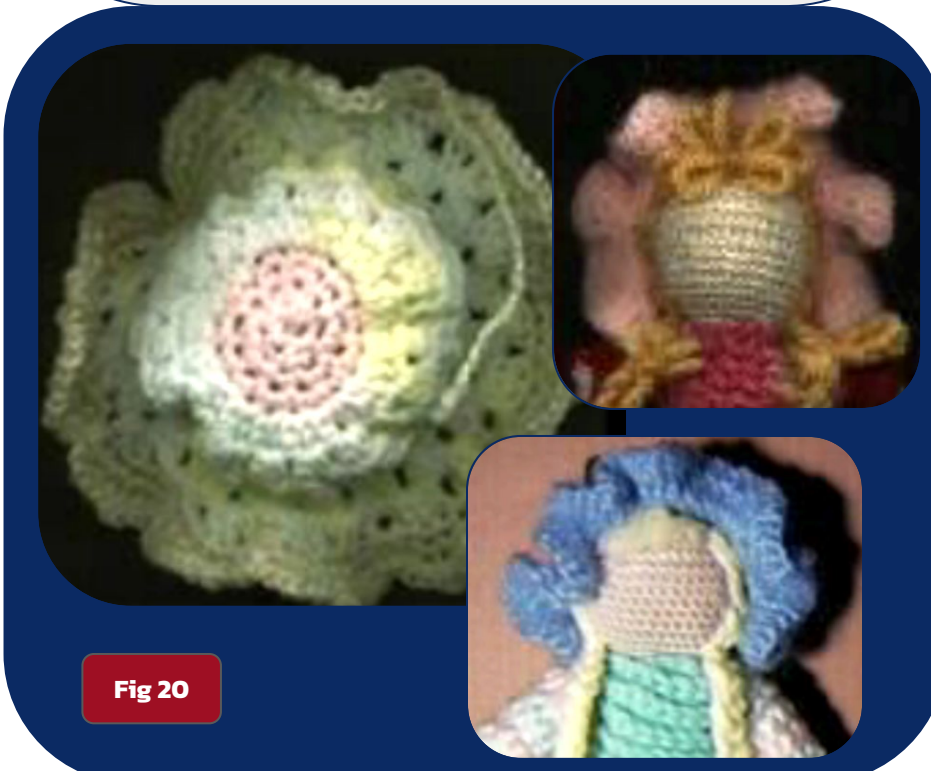


Fig 20



Fig 19