MILO THE SAGE-BOW TEDDY BEAR

Complete Digital Knitting Pattern



DIGITAL DOWNLOAD ONLY - NO PHYSICAL ITEM WILL BE SHIPPED

Confident beginner / intermediate | Worked mainly in the round

1. Digital Download Notice

This PDF contains knitting instructions for recreating the pictured teddy-bear design as a handmade plushie. It is a digital pattern, not a finished toy, and no physical item will be shipped.

Finished measurements in this pattern are design targets. Your result may vary with yarn choice, needle size, knitting tension, stuffing density and finishing.

Safety eyes are optional. If the finished item may be given to a child under 3, use securely embroidered eyes instead of detachable safety-eye components and follow the safety requirements that apply where you live.

2. Finished Measurements

Feature	Design target
Overall seated height	about 27-29 cm / 10.5-11.5 in
Head	about 12.5-13.5 cm wide; about 13-14 cm crown to neck
Body	about 11-12 cm wide; about 11-12 cm neck to base
Each arm	about 8.5-9.5 cm long
Each foot	about 7-8 cm long; about 5.5-6 cm wide
Each ear	about 5-5.5 cm across when shaped
Muzzle	about 6-6.5 cm wide x 5-5.5 cm high
Tail	about 2.5-3 cm diameter
Green neck tie	about 32-34 cm long

The bear is designed to sit, with large front feet, a rounded belly, a large round head, shallow cupped ears and a tied sage-green neck bow.

3. Materials and Tools

Item	Recommendation
Main yarn	Aran / worsted-weight (#4), smooth plied yarn; grey, approx. 180-210 g
Contrast yarn	Cream, approx. 15-20 g; sage green, approx. 15 g; dark brown, approx. 3-5 g
Needles	4.0 mm (US 6) circular needle for magic loop or DPNs; same needle may be used flat
Eyes	2 x 12 mm black safety eyes, or dark yarn for embroidered eyes
Stuffing	Polyester fiberfill, approx. 120-160 g
Notions	Tapestry needle, 4-6 removable stitch markers, pins, scissors, measuring tape
Optional	Small amount of matching sewing thread for discreet reinforcement of the tied bow

4. Gauge

In stockinette worked in the round: 18 stitches x 25 rounds = 10 cm / 4 in after light handling. Flat stockinette: about 18 stitches x 28 rows = 10 cm / 4 in.

Exact gauge is not essential for function, but it directly affects finished size and fabric firmness. For plushie fabric, choose a needle size that makes a dense stockinette with no stuffing showing through.

5. Abbreviations

Abbreviation	Meaning
BO	bind off
BOR	beginning of round
CB	centre back
CF	centre front
CO	cast on
K / k	knit
k2tog	knit 2 stitches together; 1 stitch decreased
kfb	knit into the front and back of the same stitch; 1 stitch increased
P / p	purl
Rnd	round
RS	right side
ssk	slip 1 knitwise, slip 1 knitwise, return both to left needle and knit together through back loops; 1 stitch decreased
st(s)	stitch(es)
WS	wrong side

6. Construction Overview

The head, body, arms, feet, ears and tail are knitted separately. The head and body are worked in the round with matching 24-stitch neck openings, then stuffed and sewn together. A raised grey surface-chain detail is added along CB during finishing to reproduce the visible centre-back seam in the reference. The arms and feet are worked from their rounded outer ends toward open attachment edges. The muzzle is knitted flat. The neck tie is a narrow knitted i-cord tied into a bow after assembly.

- Pieces to make: 1 head, 1 body, 2 arms, 2 feet, 2 ears, 1 muzzle, 1 tail and 1 green neck tie.
- All right/left references are from the plushie's own point of view.
- For pieces worked in the round, keep the BOR marker at centre back whenever the instructions designate BOR as CB.
- Use a stretchy cast-on for small circular starts. After several rounds, use the cast-on tail to close the tiny centre opening neatly.
- Leave generous sewing tails on all attached pieces.

Orientation Landmarks

Head: BOR is CB. On any 72-stitch round, CF is 36 stitches from BOR; the side points are 18 and 54 stitches from BOR. At Head Rnd 12, place removable contrast-yarn markers at stitch positions 18, 36 and 54 to preserve these landmarks for later placement.

Body: BOR is CB. On Body Rnd 12 (64 stitches), place removable contrast-yarn markers at stitch positions 16, 32 and 48 from BOR. Position 32 is CF; positions 16 and 48 mark the two sides. When the bear faces you, the side marker on your left is the plushie's right side.

7. Complete Written Pattern

A. Head - make 1 in grey

CO 8 sts. Join to work in the round without twisting. Place BOR marker and designate it as CB. The cast-on is at the crown. After Rnd 12, place the temporary side/CF landmark markers described above.

Rnd	Instructions	Stitch count
1	Kfb in every stitch around.	16
2	[K1, kfb] 8 times.	24
3	[K2, kfb] 8 times.	32
4	[K3, kfb] 8 times.	40
5	[K4, kfb] 8 times.	48

Rnd	Instructions	Stitch count
6	[K5, kfb] 8 times.	56
7	[K6, kfb] 8 times.	64
8	[K7, kfb] 8 times.	72
9	Knit every stitch around.	72
10	Knit every stitch around.	72
11	Knit every stitch around.	72
12	Knit every stitch around.	72
13	Knit every stitch around.	72
14	Knit every stitch around.	72
15	Knit every stitch around.	72
16	Knit every stitch around.	72
17	Knit every stitch around.	72
18	Knit every stitch around.	72
19	Knit every stitch around.	72
20	Knit every stitch around.	72
21	Knit every stitch around.	72
22	Knit every stitch around.	72
23	Knit every stitch around.	72
24	Knit every stitch around.	72
25	[K7, k2tog] 8 times.	64
26	Knit every stitch around.	64
27	[K6, k2tog] 8 times.	56
28	Knit every stitch around.	56
29	[K5, k2tog] 8 times.	48
30	Knit every stitch around.	48
31	[K4, k2tog] 8 times.	40
32	[K3, k2tog] 8 times.	32
33	Knit every stitch around.	32
34	[K2, k2tog] 8 times.	24
35	Knit every stitch around.	24
36	Bind off all stitches loosely, leaving the neck opening accessible for stuffing and assembly.	24

Finishing the head before assembly: close the small crown opening with the cast-on tail. Complete either the safety-eye or embroidered-eye option before stuffing, as described in Assembly Step 1. Stuff the head firmly but evenly through the 24-stitch neck opening, keeping the muzzle area rounded rather than over-packed. Keep the neck opening accessible.

B. Body - make 1 in grey

CO 24 sts. Join to work in the round without twisting. Place BOR marker and designate it as CB. This cast-on edge remains open for the neck join. At Rnd 12, place the temporary CF and side landmark markers described above.

Rnd	Instructions	Stitch count
1	Knit every stitch around.	24
2	[K2, kfb] 8 times.	32
3	Knit every stitch around.	32
4	[K3, kfb] 8 times.	40
5	Knit every stitch around.	40
6	[K4, kfb] 8 times.	48
7	Knit every stitch around.	48
8	[K5, kfb] 8 times.	56
9	Knit every stitch around.	56
10	[K6, kfb] 8 times.	64
11	Knit every stitch around.	64
12	Knit every stitch around.	64
13	Knit every stitch around.	64

Rnd	Instructions	Stitch count
14	Knit every stitch around.	64
15	Knit every stitch around.	64
16	Knit every stitch around.	64
17	Knit every stitch around.	64
18	Knit every stitch around.	64
19	Knit every stitch around.	64
20	Knit every stitch around.	64
21	[K6, k2tog] 8 times.	56
22	Knit every stitch around.	56
23	[K5, k2tog] 8 times.	48
24	Knit every stitch around.	48
25	[K4, k2tog] 8 times.	40
26	[K3, k2tog] 8 times.	32
27	[K2, k2tog] 8 times.	24
28	[K1, k2tog] 8 times.	16
29	K2tog 8 times. Cut yarn, thread through the remaining stitches and draw closed.	8

Stuff through the open neck. Fill the lower belly firmly enough to hold a seated shape, then use moderate stuffing through the upper torso so the neck remains easy to sew. Do not close the 24-stitch neck opening.

C. Arms - make 2 in grey

CO 8 sts for each arm. Join in the round; the cast-on is at the hand end. Close the small cast-on hole later with the starting tail.

Rnd	Instructions	Stitch count
1	Kfb in every stitch around.	16
2	[K1, kfb] 8 times.	24
3	Knit every stitch around.	24
4	Knit every stitch around.	24
5	Knit every stitch around.	24
6	Knit every stitch around.	24
7	Knit every stitch around.	24
8	Knit every stitch around.	24
9	Knit every stitch around.	24
10	Knit every stitch around.	24
11	[K4, k2tog] 4 times.	20
12	Knit every stitch around.	20
13	Knit every stitch around.	20
14	Knit every stitch around.	20
15	Knit every stitch around.	20
16	Knit every stitch around.	20
17	Knit every stitch around.	20
18	[K3, k2tog] 4 times.	16
19	Knit every stitch around.	16
20	Knit every stitch around.	16
21	[K2, k2tog] 4 times.	12
22	Knit every stitch around.	12
23	Bind off all stitches loosely, leaving the shoulder opening accessible for stuffing and sewing.	12

Stuff each hand and lower arm moderately; use less stuffing near the 12-stitch shoulder opening so the arm can lie naturally against the body. The two arm pieces are identical; their placement is mirrored during assembly.

D. Feet - make 2 in grey

CO 8 sts for each foot. Join in the round; the cast-on is at the toe end. Close the small toe opening later with the starting tail.

Rnd	Instructions	Stitch count
1	Kfb in every stitch around.	16
2	[K1, kfb] 8 times.	24
3	[K2, kfb] 8 times.	32
4	Knit every stitch around.	32
5	Knit every stitch around.	32
6	Knit every stitch around.	32
7	Knit every stitch around.	32
8	Knit every stitch around.	32
9	Knit every stitch around.	32
10	Knit every stitch around.	32
11	[K6, k2tog] 4 times.	28
12	Knit every stitch around.	28
13	Knit every stitch around.	28
14	[K5, k2tog] 4 times.	24
15	Knit every stitch around.	24
16	Knit every stitch around.	24
17	[K4, k2tog] 4 times.	20
18	[K3, k2tog] 4 times.	16
19	Bind off all stitches loosely, leaving the rear opening accessible for stuffing and sewing.	16

Stuff each toe firmly and the rear section moderately. Keep the 16-stitch rear opening flexible so it can be flattened into an attachment edge. The two foot pieces are identical; their placement is mirrored during assembly.

E. Ears - make 2 in grey

CO 8 sts for each ear. Join in the round. These are shallow cups; do not stuff.

Rnd	Instructions	Stitch count
1	Kfb in every stitch around.	16
2	[K1, kfb] 8 times.	24
3	Knit every stitch around.	24
4	[K2, kfb] 8 times.	32
5	Knit every stitch around.	32
6	Knit every stitch around.	32
7	Knit every stitch around.	32
8	Bind off all stitches loosely. Do not stuff.	32

Close the small centre opening with the cast-on tail. Flatten each ear gently, then pinch the lower third so the ear forms a shallow cup. Keep the two ears the same depth and shape.

F. Muzzle - make 1 in cream, worked flat

CO 6 sts. Work back and forth. The first row is RS.

Row	Instructions	Stitch count
1	RS: Kfb, K4, kfb.	8
2	WS: Purl every stitch.	8
3	RS: Kfb, K6, kfb.	10
4	WS: Purl every stitch.	10
5	RS: Kfb, K8, kfb.	12
6	WS: Purl every stitch.	12
7	RS: Knit every stitch.	12
8	WS: Purl every stitch.	12
9	RS: Ssk, K8, k2tog.	10
10	WS: Purl every stitch.	10
11	RS: Ssk, K6, k2tog.	8
12	WS: Purl every stitch.	8

Row	Instructions	Stitch count
13	RS: Ssk, K4, k2tog.	6
14	WS: Purl every stitch.	6
15	Bind off all 6 stitches knitwise.	6

Before sewing the muzzle to the head, embroider the nose and mouth with dark brown yarn: place a filled triangular nose over the centre of Muzzle Rows 5-8, about 1.5-1.7 cm wide; take a straight stem down to about Row 12; then form two shallow curved mouth arcs, one to each side. Secure embroidery ends on the WS of the muzzle.

G. Tail - make 1 in grey

CO 6 sts. Join in the round. The cast-on is the outer centre of the tail.

Rnd	Instructions	Stitch count
1	Kfb in every stitch around.	12
2	[K1, kfb] 6 times.	18
3	Knit every stitch around.	18
4	Knit every stitch around.	18
5	Knit every stitch around.	18
6	[K1, k2tog] 6 times.	12
7	K2tog 6 times. Cut yarn, thread through the remaining stitches and draw closed.	6

Add a small amount of stuffing after Rnd 6, before closing Rnd 7. Keep the tail softly rounded rather than hard.

H. Sage Neck Tie - make 1 in green, worked as i-cord

CO 4 sts on a double-pointed needle. Do not turn the work.

I-cord: K4. Without turning, slide the 4 stitches back to the opposite end of the needle. Bring the working yarn firmly across the back to the first stitch and K4 again.

Repeat until the cord measures approximately 32-34 cm / 12.5-13.5 in.

Cut yarn, leaving a tail. Thread the tail through all 4 live stitches and draw closed securely. Weave in both ends. Keep the cord flexible enough to tie comfortably into a bow. If necessary, use a slightly larger needle for this piece.

8. Placement Maps

Head / Face Placement

Feature	Placement
Eyes	Between Head Rnds 17 and 18, centre one eye 5 stitches to each side of CF; approximately 10 stitches centre-to-centre. Use these same centres for either 12 mm safety eyes or embroidered eyes. Confirm both centres are level before securing either option.
Muzzle	Centre on CF. Pin the top edge near Head Rnd 18 and the lower edge near Head Rnd 31. Keep the widest part balanced equally to both sides of CF.
Ears	Centre each ear over a side landmark. Pin the lower ear base across about Head Rnds 7-14, with the front edge tipped slightly toward CF. Match height and angle before sewing.
Nose / mouth	Already embroidered on the muzzle. The nose point and mouth stem must lie exactly on the muzzle centre line, which aligns with head CF.

Body / Limb Placement

Feature	Placement
Head-to-body neck	Align the 24-stitch head neck opening directly over the 24-stitch body neck opening. Match CB to CB and CF to CF before sewing.

Feature	Placement
Arms	Flatten each 12-stitch shoulder opening. Centre one arm on each side landmark, with the upper edge near Body Rnd 7 and lower edge near Body Rnd 13. Angle each arm slightly forward; mirror the angle.
Feet	Flatten each 16-stitch rear opening. Place the foot centres on the lower front of the body around Body Rnds 22-27, approx. 8 stitches to either side of CF at the centre line. Toes point forward and may angle outward about 15-20 degrees.
Tail	Centre on CB around Body Rnds 22-25. The tail should sit above the base so it is visible from the back but does not prevent sitting.
Green tie	Wrap the i-cord once around the neck seam and tie a small bow at CF. Keep loops even and tails pointing down. Tack the knot discreetly if desired.

Placement check: pin every major piece before sewing. View the bear from the front, both sides and the back. The eyes, ears, arms and feet should form mirrored pairs. Remove all temporary CF/side landmark threads after the corresponding pieces are securely attached.

9. Stuffing and Shaping

- Head: firm, even stuffing. Add small amounts gradually and shape the cheeks with your hands. Do not over-pack directly behind the eyes.
- Body: firm at the lower belly/base for sitting stability; moderate at the upper body so the neck seam can close neatly.
- Arms: moderate at the hands, lighter toward the shoulders. The upper 1-1.5 cm should remain flexible.
- Feet: firm at the toes and soles, moderate near the rear openings. Match both feet by weight and fullness.
- Muzzle: after most of the edge is sewn to the head, add only a thin layer of stuffing beneath the centre for a gently raised oval, then close the remaining edge.
- Tail: light stuffing only.
- After assembly, roll the finished pieces gently between your hands to smooth lumps. Do not pull on safety-eye posts or bow ends while shaping.

10. Assembly Instructions

Step	Assembly
1	Complete the head shaping and close any tiny crown opening with the cast-on tail. Before stuffing, mark the two eye centres between Head Rnds 17 and 18, each 5 stitches from CF. Safety-eye option: insert two 12 mm safety eyes at these positions and lock the washers only after confirming that both eyes are level and symmetrical. Embroidered-eye option: using dark yarn and a tapestry needle, work a compact filled round or oval eye centred at each marked position, approximately 10-12 mm across. Match the size and shape of both eyes and secure the yarn ends securely on the inside of the head before stuffing.
2	Embroider the brown nose and mouth on the cream muzzle while the back is still fully accessible. Secure the embroidery ends on the WS.
3	Pin the muzzle on CF from about Head Rnd 18 to Rnd 31. Sew around most of the edge with small whipstitches. Add a very light layer of stuffing under the centre, then close the final gap and bury the yarn tail inside the head.
4	Confirm that the head is firmly and evenly stuffed as directed after Head Rnd 36. Add or redistribute stuffing through the open neck only if needed. Pin both ears at the side landmarks across approximately Head Rnds 7-14. Compare front and side views, then sew each ear base securely. Leave the upper ear rims free so they keep their shallow-cup shape.
5	Confirm that the body is stuffed as directed after Body Rnd 29. Add or redistribute stuffing through the open neck only if needed. Make sure the bottom closure is secure and check the body shape before adding the limbs.

Step	Assembly
5A	Centre-back raised seam detail: Using grey yarn and a tapestry needle, work a vertical line of chain-stitch embroidery directly along centre back to reproduce the raised braided line shown in the reference. On the head, work from the crown closure down to the 24-stitch neck edge. On the body, work from the 24-stitch neck edge down to the bottom closure. Make each chain approximately one knitted round high and keep the line straight on CB. Use the BOR/CB alignment and the opposite CF landmark to maintain the centre line. Keep the embroidery relaxed so it does not gather the fabric. Bury the yarn ends inside through the open necks. This finishing detail does not change any stitch counts.
6	Align head and body neck openings: 24 stitches to 24 stitches, CB to CB and CF to CF. Pin at four quarter points, then sew the entire neck seam with a firm mattress/whipstitch. Add a final pinch of stuffing through the last 2-3 cm if needed before closing the seam completely.
7	Close the hand-end cast-on holes of both arms. Stuff as directed, flatten each shoulder opening and pin the arms to the mirrored side positions. Check equal drop and forward angle, then sew around each flattened shoulder edge.
8	Close the toe-end cast-on holes of both feet. Stuff as directed, flatten the rear openings and pin both feet low on the front of the body. Sit the bear on a flat surface and adjust until stable and symmetrical before sewing completely around each attachment edge.
9	Confirm that the tail was lightly stuffed before Rnd 7 was closed. Sew it centred on CB around Body Rnds 22-25, keeping it clear of the sitting base.
10	Remove all temporary CF and side landmark threads. Wrap the green i-cord once around the neck seam and tie a centred bow at CF. Adjust the loop sizes and tail lengths. Add two tiny hidden tacking stitches through the knot and neck seam if the bow needs extra stability.
11	Bury every yarn tail inside the nearest stuffed piece. Inspect all seams for gaps and add matching duplicate/whipstitches where needed.

11. Final Visual Checklist

- Face is centred: eye line level, muzzle centred on CF, nose and mouth centred on the muzzle.
- Ears match in height, cup depth and outward angle.
- Head is straight over the body with CB and CF aligned.
- Raised grey CB line is straight and centred from crown to neck and from neck toward the body base; the tail may cover the lowest section.
- Arms are attached at equal heights and mirror one another.
- Feet are equally stuffed, equally spaced and support a stable seated pose.
- Tail is centred on CB and sits above the base.
- Green bow is centred at the front with balanced loops and downward tails.
- No visible holes, exposed stuffing, trapped guide threads or loose yarn tails remain.

12. Troubleshooting

Issue	Practical fix
Stuffing feels loose	Open the nearest unfinished seam and add small tufts gradually. For a completed seam, avoid forcing large clumps through the fabric.
Eyes look uneven	Re-count both centres from CF and compare their height. For safety eyes, correct the position before locking the washers. For embroidered eyes, remove and rework the embroidery before stuffing if necessary.

Issue	Practical fix
Circular start is twisted	If the twist is noticed in the first 1-2 rounds, undo to the join and rejoin without twisting. A twisted tube cannot be corrected cleanly later.
Arms or feet look uneven	Unpin before sewing, compare both pieces from the front, and use the body landmark markers as the reference. Match stuffing amount as well as attachment height.
Muzzle sits off-centre	Place four pins first: top centre, bottom centre, left widest point and right widest point. Align top/bottom pins to CF before sewing the sides.
Neck seam gaps	Use a second pass of small whipstitches through adjacent edge loops and add a small amount of stuffing before the final section is closed.
Bear tips backward/sideways	Before final foot sewing, shift the feet slightly lower and forward and firm the lower-body stuffing. Keep the tail above the actual sitting base.
Bow twists or slides	Re-tie with the i-cord smooth and untwisted, then add one or two hidden tacking stitches through the knot into the neck seam.
Stuffing shows through	The fabric is too open or over-stretched. Use a smaller needle for future pieces; for tiny finished gaps, close them with matching duplicate stitches.

13. Printing and Customer Notes

- This pattern is formatted for A4 paper. Print at 100% / Actual Size for the most consistent text and table layout.
- The instructions use standard knitting abbreviations defined in this PDF. Keep the abbreviation page nearby if you are newer to toy knitting.
- Measurements are design targets and may vary with yarn, tension, stuffing and finishing.
- This digital pattern is intended for personal handmade creation unless the designer separately grants additional permissions.
- DIGITAL DOWNLOAD ONLY - NO PHYSICAL ITEM WILL BE SHIPPED.

Enjoy making your sage-bow teddy bear.