

Emotional Support Chicken

A Free Crochet Pattern

What You'll Need

- Super bulky yarn (such as Bernat Blanket or any soft chenille yarn)
- 6mm crochet hook
- 12mm safety eyes (or larger for a googly-eyed look)
- Yarn needle or tapestry needle
- Polyfil stuffing
- Stitch markers (locking ones are easiest)
- Scraps of red and orange yarn for the comb and beak

Chicken Body (Worked in a Spiral)

Crochet in the round — do not join at the end of each round. Keep going in a continuous spiral and mark the beginning of each round with a stitch marker.

Start with a magic ring.

Rnd 1: Work 7 single crochet (sc) into the ring. (7 sts)

Rnd 2: Increase (2 sc) in every stitch around. (14 sts)

Rnd 3: *1 sc, inc* around. (21 sts)

Rnd 4: *2 sc, inc* repeat around. (28 sts)

Rnd 5: *3 sc, inc* repeat. (35 sts)

Rnd 6: *4 sc, inc* repeat. (42 sts)

Want a fluffier friend? Keep increasing in pattern: (5 sc, inc), (6 sc, inc) — you get the idea.

Optional shaping

Rnd 7: Single crochet in the back loop only of each stitch. This gives a subtle base ridge and extra shape.

Rnd 8: Regular sc in each stitch.

Rnds 9–17: Keep going with plain sc rounds. That's 9 more rounds to build up the height. Want it taller? Feel free to add extra rounds here.

Fasten off and leave a long yarn tail to stitch the chicken closed later.

Assembly Time

- 1 Fold the top opening shut, and use your yarn needle to stitch across — grabbing one loop from each side as you go.
- 2 Once halfway closed, pause and fill your chicken with stuffing.

- 3 Place the safety eyes about 2 rounds up from the magic-ring end (this narrow end becomes the base/front of the face), spacing them 3–4 stitches apart.

Baby-friendly tip: if making for a child under 3, skip the safety eyes and embroider small vertical ovals using black yarn instead.

Beak & Face

Grab a bit of orange or yellow yarn and stitch two short horizontal bars between the eyes to form the beak. Fasten off and hide the tail inside.

Finish stitching the rest of the opening shut. Gently pull on the yarn to shape the ends so they tilt up a little — it gives that perfect chubby-chicken silhouette.

Comb on Top

Using red yarn (or any fun color), insert your hook where you want the comb to sit.

- 1 Ch 1.
- 2 Work 3 double crochets (dc) into the first stitch.
- 3 In the next stitch, work 2–3 more dc.
- 4 Ch 1 again, and slip stitch into the head to anchor the comb in place.
- 5 Tie off and weave in the end on the inside.

Done and Dusted!

You've just made a big, plush Emotional Support Chicken, and honestly? It deserves a spot on your couch, your desk, or even in your car as a silent road trip buddy.

Naming Idea

Give your new chicken a name and let it bring a little joy wherever it sits.