Instructions for Making
Sleeping Mats from Plastic Bags

Supplies:
- Scissors
- Jumbo 16mm-Q plastic crochet hook
- Clean plastic bags (500-700 per mat)
  Supermarket bags may be easiest to use.
- Cardboard cutting guides approximately 3" square

Preparing bags:
1. Flatten the bag.
2. Fold in half lengthwise, and fold in half again lengthwise.

3. Cut off bottom seam of bag.
4. Using cutting guide, cut folded bags into strips as shown below.

Cut supermarket bags about 3" wide.
Cut thicker bags about 1.5 to 2" wide
Cut thinner bags, such as dry cleaning bags about 3.5 to 4" wide
Recycle unuseable scraps, such as the handles.

Make plastic yarn ("plarn"):
1. Open a strip and loop one through the other.
2. Loop end of the second strip through itself.

Pull gently on both loops until knot is tight.

Looping a new strip through the last one, repeat Step 2. The double strand should lay flat. If necessary, undo the knot, smooth the loop and tighten the knot.
3. Roll plastic yarn into a large ball.

Crochet mat:
1. Crochet a chain that is 28 – 38" long. Tip: 38" chain makes a 36" wide mat.
2. Crochet loosely using single crochet stitch. At end of row, chain 1 and turn.
   Skip first stitch and continue crocheting rows in single crochet until mat is about 6 feet long (adult size).
3. An uneven edge is not a problem as long as the mat is useable.

Crochet strap to wrap around the rolled-up mat:
1. Chain 80 stitches and crochet 2 rows of single crochet.
2. Weave 2 ends together with the "tails" to form a circle, or leave the ends loose.
   Fold mat in half lengthwise and roll it up. Tie the strap around the rolled-up mat.

Congratulations on completing your mat!