

SLEEPING MAT INSTRUCTIONS

Start with about 5 to 10 plastic bags at a time. Straighten out each bag by pulling at the end and the handles, so that it becomes as nice, smooth and flat as the plastic bag in the picture. Cut off the plastic bag handles and the bottom of the bag.



Now, for a plastic grocery bag that's standard in size and in thickness, cut each bag into 4 strips. Loop these rings together, so that you will have one long plastic chain. This long plastic strip is called 'plarn', short for plastic yarn.

Mat Crochet Pattern

Set-up: chain 42. This is the width of your mat (minus 2 stitches), and should be approximately 2 1/2 feet-wide. Change loosely.

Row 1: single chain into the 40th stitch, and single chain all the way across. Chain 2. Turn over work. Now, check that your mat is indeed about 2.5 feet wide.

Row 2 – ? : repeat row 1 until your mat is approximately 6 feet-long mat. inches in length.

Cast off.

Strap: chain 5.5' to 6' then come back and single crochet and hook together.

