

How To: Make Plarn and Crochet Bed Mat

- ❖ Collect 12x14 plastic grocery/shopping bags. It takes 500-700 bags to make a sleeping mat. Tell your friends and family to collect for you and go to stores for donations.
- ❖ Flattening Bags: Flatten bags as flat as possible:
 - Make sure that the bag is right-side out.
 - You can stack 10 flatten bags on top of each other, making sure they are straightened together.
 - Place bags on the table and flatten with seam out, straightening the handle as needed.
- ❖ Cutting the bags, you will need the following: --rotary cutter (most efficient) or sharp scissors.
 - 1. Take stack of 10 flattened identical bags and ensure that they are lined up at the bottom.
 - 2. Using the rotary cutter or scissors remove bottom ½", making sure that you remove all 10 bottom seams.
 - 3. Using the 6" guide, cut two 6 inch strips from the bag
 - 4. Save the cut off pieces for pillow stuffing or other resourceful ideas
 - 5. Keep cut strips sorted by color if your wish and place them in a bag of the same type to be crocheted. This can allow you to make a color planned scheme if you wish.
 - ** keep your plarn in a canvas bag, do not roll up in a ball. This making the process easier on you.
- ❖ Looping the strips together:
 - 1. To attach the strips together to create the plarn (plastic yarn) for crocheting, take two strips which are a loop from cutting the bags, and loop one around the

end of the other, loop and pull. Do this by holding one up horizontally to put through another one held open and vertically. * watch the video provided in the link at bottom.

❖ Crocheting the Mats

- 1. Make a slip knot to have a starting loop (*video for visual guide).
- 2. To create the first row, using the Size Q crochet hook create a 4-foot-long chain, using a chain stitch (approximately 50 stitches.) Teach yourself with someone who knows how to crochet or a video.
- 3. To create the next and all following rows, single crochet the EXACT same number of stitches as in your original 4-foot chain, going back and forth.
- 4. Continue to single crochet the same number of stitches in each row until the mat is 6 feet long. You have to stick your crochet hook into a free crocheted hole of the previous row, then you do the steps of the chain stitch. *watch video or get a teacher.
- *** make sure to relax and make loose stitches, this makes it easy on you by not making tight difficult stitching, and makes the bed mat plusher to lay on.

Here is a link to a great video of how to make plarn bed Mats:

https://youtu.be/yr_WHW_tGSE