SLEEPING MATS
from Plastic Bags

MATERIALS REQUIRED:

* Scissors or rotary cutter with used blades
* 8 mm or any large crochet hook
* Clean plastic supermarket bags (500-700 per mat) - thicker bags or thinner bags can be used with modifications to size of strips

DIRECTIONS:

**1. Flatten bag, fold in half lengthwise, and then fold in half again lengthwise**

2. Cut off handles and seams (bottom of the bag) and discard. Measure and cut guide strips long enough to fit across folded bag. If using regular supermarket bags, cut guide strips 2.5" – 3" in width. For thicker bags, (like dry cleaning bags) cut 3.5" – 4".

3. Cut folded bag into strips. Using a rotary cutter with old blades will be easier on the hands than scissors. When opened, the strips become "rings".

4. Take two strip "rings" and tie together to start forming "yarn". Loop one end of a ring through the 2nd ring. Loop 2nd ring though itself, making sure the rings are even when attached together. Pull tight to secure knot. Repeat steps to create yarn.
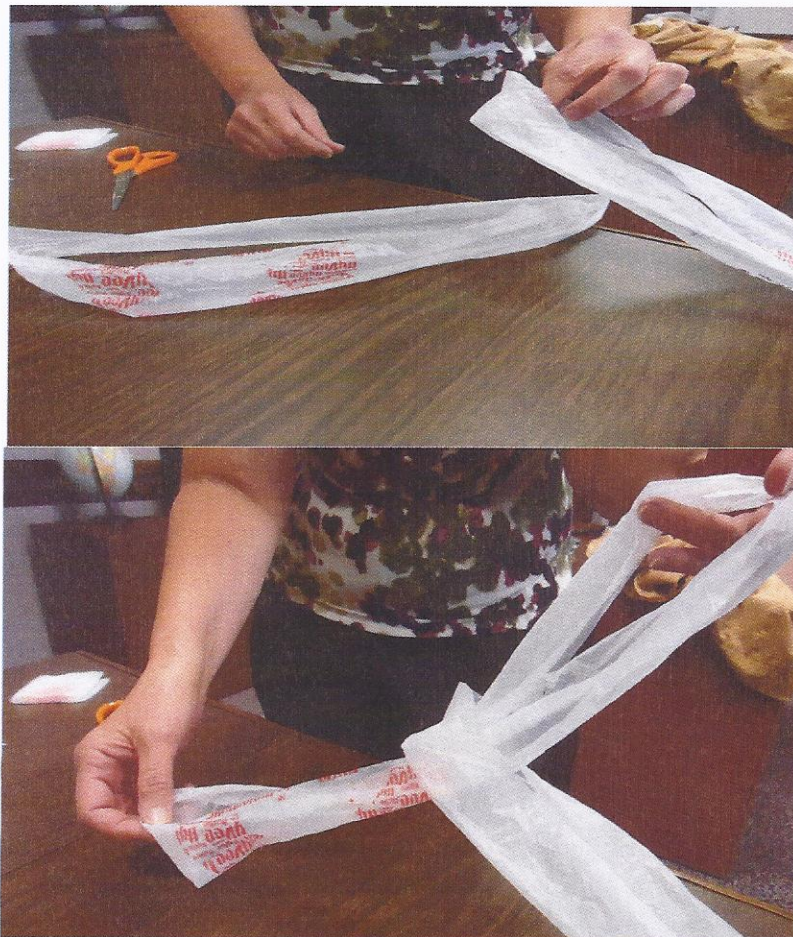
5. Roll completed strips into a large ball.
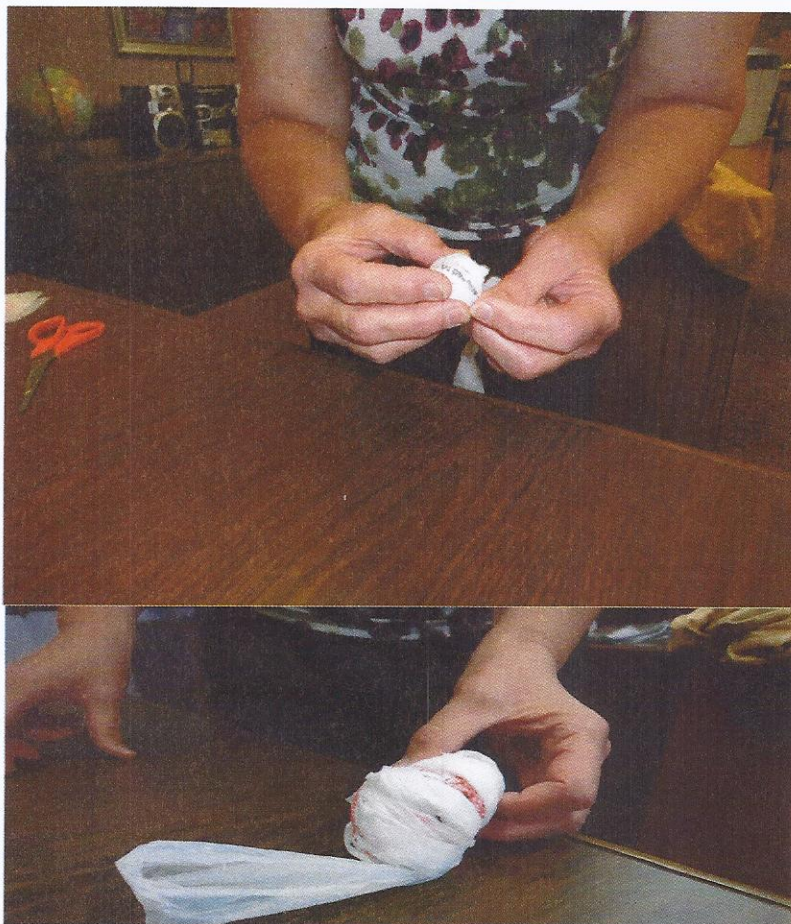
CROCHET STEPS:

* Make little loops to form a chain that is 28" – 36" long
* Crochet loose rings with generous space between loops
* Make one extra turning chain at end of mat
* Go back into 3rd loop to make next row
* Continue this way until you have a 6' length mat
* Chant as crocheting to remember how to stitch:
   "Go through, pull through 1.
      Loop around, pull through 2"
* Crochet from front to back

Problems that may occur - side seam is bumpy, not straight. This could be caused by using yarn that is too thick or by adding/leaving out a stitch. This is not too important as long as the mat is useable.