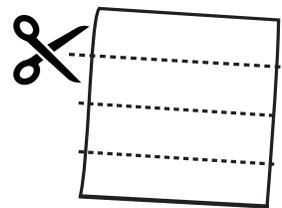
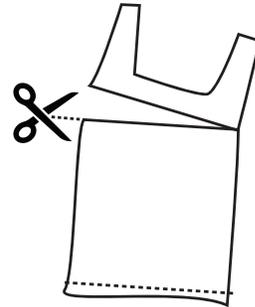


PLARN SLEEPING MATS

HOW-TO

STEP 1: Making the Plarn

1. Start by organizing the bags. 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. Stack up to 4 bags and cut off the plastic bag handles and the bottom of the bag.
2. Now, for a plastic grocery bag that's standard in size and in thickness, cut each bag into 4 rings.
3. Loop these rings together, so that you will have one long plastic chain. Roll the plastic chain into a ball.



STEP 2: Crocheting the Mat

1. You'll need a crochet hook size 10 or above. If you get a really large crochet hook, you will find that it's easier to crochet looser, making the mat more cushiony, and making it more comfortable to crochet with the plastic.
2. MAT CROCHET PATTERN: Set-up: ch 42. This is the width of your mat (minus 2 st), and should be approximately 2 1/2 feet-wide.
3. Row 1: sc into the 40th st, and sc all the way across. ch 2. Turn over work. Now, check that your mat is indeed about 2.5 feet wide.
4. Row 2 – 6ft worth of rows : repeat row 1 until your mat is approximately 6 feet-long mat. inches in length.
5. Cast off.

CROCHET PLARN TIPS:

- In case you wonder: What is plarn? Plarn is simply short for plastic yarn. It's not a typo.
- If you have thicker plastic bags, cut smaller strips.
- You can use any kind of plastic bag, even from your dry cleaners.
- If designs matter to you, then sort plastic bags right away by color.

If you don't know how to crochet, don't worry! You can learn!
Check out this video to begin: https://www.youtube.com/watch?v=yr_WHW_tGSE