

## ATTENTION CROCHETERS



Thank you so much for volunteering to help the National Council of Jewish Women's Plastic Bags Make Plastic Mats SubCommittee. Below are instructions for making the plarn (plastic yarn) sleeping mat that will be distributed to our homeless community. While the written instructions are helpful, videos are a great resource. Feel free to check out <https://tinyurl.com/plarnbedroll> for a helpful video that shows the process step-by-step!

### Supplies needed:

1. 10mm or larger crochet hook (16mm/Q preferred)
2. 22 plarn balls made of 30 bags each (20 plarn balls for the mat + 2 plarn balls for the carrying strap and tying straps) – You can pick up plarn balls from the main lobby of the NCJW | MI building at 26400 Lahser Rd., Southfield, MI 48033.

### Instructions:

1. Make a knot at the end of the plarn
2. Begin the first row by double crocheting a 3 foot long chain (approximately 40 stitches)
3. To create the next and all subsequent rows, single crochet the exact same number of stitches as in your original 3 foot chain
4. Continue to single crochet the same number of stitches in each row until the mat is 6 feet long (helpful hint: looser stitches make for a thicker, softer sleeping mat)
5. Create the carrying strap and tying straps on the finished mat as shown in the above referenced video



### Quick Note:

When you have completed your sleeping mat, you can drop it off at the NCJW | MI office at 26400 Lahser Rd., Suite 306, Southfield, MI 48033 or call the NCJW | MI office at (248) 355-3300, ext. 0 and leave a message to arrange for a pickup.