



ATTENTION CROCHETERS

Thank you for volunteering to help the NCJW | MI Green committee's *Plastic Bags Make Plastic Mats* project. 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 NCJW | MI office.
3. See Quick Note below for the address and phone number. You may want to call ahead to make sure plarn is available.

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.