



ATTENTION KNITTERS

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. #17 knitting needles (you could use smaller or larger needles if you don't have #17)
2. About 22 plarn balls made of 30 bags each (20 plarn balls for the mat + 2 plarn balls for the carrying 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.

It is easier to knit two panels and then sew them together. If you want to make the whole mat at once, the finished width should be 36 inches.

Instructions for knitting two panels:

1. Cast on 45 stitches for each panel, your row should measure 18 inches (adjust the number of stitches for the size needles you use).
2. Knit each row.
3. When you have a length of 72 inches, bind off and make the second panel.
4. When the second panel is finished, pin the two panels together. Place them side by side flat on a table. Place pins along the edges to keep the panels together. Stitch them together with plarn using your fingers or a crochet hook.
5. Create the carrying strap and tying straps as shown in the video referenced above.

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.

