



ATTENTION PLARN MAKERS

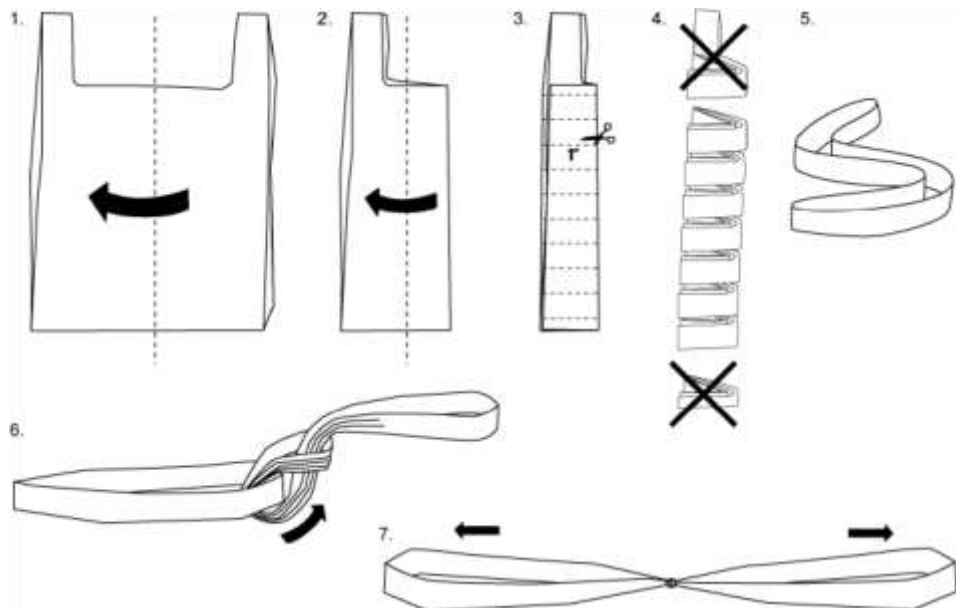
Thank you for volunteering to help the NCJW | MI Green committee's *Plastic Bags Make Plastic Mats* project. Below are instructions for making the plarn (plastic yarn) that will be used to create sleeping mats for our homeless community. While the written instructions are helpful, videos are a great resource. Feel free to check out <https://tinyurl.com/plarnbedroll> for a helpful video that shows the process step-by-step!

Supplies needed:

1. Plastic bags (30 bags = 1 plarn ball) If you want to make plarn and need bags, you can pick some up from the Plastic Bag Box in the NCJW | MI office (See Quick Note for address and phone number. You may want to call ahead to make sure we have bags available).
2. Sharp scissors

Instructions: (see corresponding illustrations below)

1. Lay bag flat tucking in corners and then fold it in half length wise
2. Fold bag in half again
3. Cut off the top (by the handles) and the bottom of the folded bag and then cut the remaining folded bag into strips
4. Set aside the top and bottom of the bag as these are not used in making the plarn
5. Unfold the strips to reveal the loops
6. Knot the loops together: take two strips, one in each hand and insert one end of the loop into the other, then draw one end through the other
7. Pull tight to form a single strand; continue this process until 30 bags worth of strips have been connected
8. Roll the strand into a ball



Quick Note:

In an effort to maintain consistency in the size of each plarn ball, please try to use 30 bags per ball. Feel free to make as many plarn balls as you wish. It takes about 20 plarn balls, made of 30 bags each, to make one mat.

When your plarn balls are complete, please drop them off at the office of the National Council of Jewish Women office, 26400 Lahser Rd., Suite #306, Southfield, MI 48033. Any questions, please call (248) 355-3300, ext. 0 and leave a message.