

Kanawha County CEOS Help the Homeless and Save the Environment by Crocheting

Transform all of those unwanted plastic shopping bags into something useful! By single crocheting strips of plastic bags together, you can make a plastic sleeping mat, which can be distributed to homeless shelters. The plastic bag mats will repel parasites and are moisture resistant, durable, lightweight, easy to store, and make a great temperature barrier.

If you would like to crochet a plastic sleeping mat too, here are the instructions and pattern:

Materials:

- Plarn (plastic yarn) – (Instructions on reverse) You will need approximately 500-700 bags.
- Crochet Hook – since plarn can be made in different sizes, use a hook that you are comfortable with

Crochet Pattern: Sleeping Mat

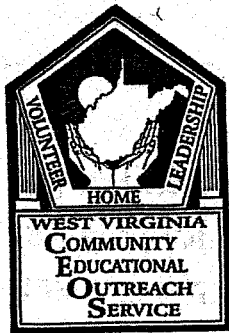
Row 1: make a chain that is as wide as you desire your mat to be (Adults 4'x 6', Children 3'x 5')

Row 2: sc in second ch from hook and in each ch across

Row 3: ch 1, turn, sc in each sc across

Repeat row 3, until the mat is 6 feet long, then finish off.

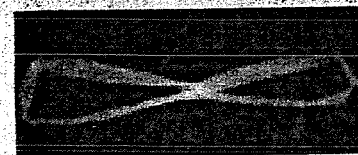
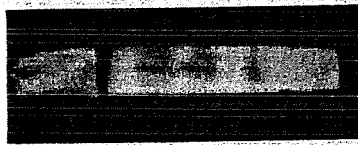
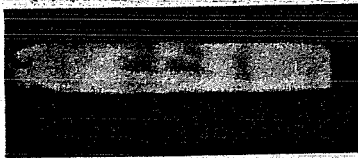
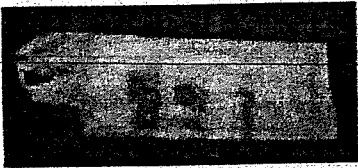
Creating one of these mats may take a long time! So be patient.



WVU Kanawha County Extension Service
4700 MacCorkle Avenue SE, Suite 101
Charleston, WV 25304
(304) 768-1202
<http://kanawha.ext.wvu.edu>



Directions for Plarn (Plastic Yarn)



Cutting

- Lay recycled bag out flat
- Fold in half lengthwise then fold in half again
- Cut off top handles
- Cut bag in strips about 1 inch wide or as desired
- Discard the end of the bag where bottom edge was glued

Tying Strips Together

- Take two strips and inter-twine together as shown
- Gently pull on ends to knot two strips together
- Connect next strip to last strip in the same manner
- Continue connecting strips until you have a large ball of plarn

Tips

- Pull ends evenly to create a smooth and flat strip
- If you find your strip doesn't lie flat between knots, you didn't pull evenly which creates a bunched strip. Just make sure strip is even before you pull your knot tight between the two connected strips.
- To fix a bunched strip, just loosen your knot between the strips then pull on the ends again to make your strip flat and smooth.