



SLEEPING MATS FOR THE HOMELESS

CROCHET DIRECTIONS

Supplies

- Plastic bags (about 500 per mat)
- Scissors
- Size "P" crochet hook
- 2-inch cardboard guide

Cutting Directions

- Lay out bag flat.
- Fold in half vertically, and then in half again.
- Cut off bottom seam and top handles. Discard.
- Cut into 2-inch strips; these pieces are actually loops.
- Connect loops. Place one end through the other loop and pull tight.
- Repeat, and roll length into a large ball.

Crochet Directions

- Crochet a loose 36-inch-long chain with a space between each loop.
- Make an extra loop for a turning point. Repeat, front to back, until the mat is 6-feet long.
- Crochet a length of cord, and attach to the top of the mat, so the mat can be rolled up and transported.