

# Instructions for Sleeping Mats for the Homeless

## Materials

- Plastic bags (clean grocery store variety, between 500 and 700 per mat)
- Scissors or rotary cutter
- Size *P* crochet hook
- Bible thought card with "God Loves You" printed on it

## Preparation Directions (see photos as well)

- Place the bag in a lengthwise position.
- Fold in half; then fold in half again.
- Cut off the bottom seam and top handles. Discard or recycle.
- Cut regular supermarket bags into 2.5-inch loops.
- Connect in the following way: pick up 2 loops. Place one end through the other. Place the end of the 2nd strip through itself. Pull both ends until tight.
- Repeat steps and roll length into a large ball.
- Write a Bible thought and connect it to the mat.

## Crochet Directions

- Using a size *P* crochet hook, make a chain 36 inches long.
- Make loops loose with space between each loop.
- Crochet one extra loop at the end of the chain for a turning point.
- Return to the 3rd loop to make row 2.
- Continue until the mat is 6 feet long.
- Crochet from front to back to avoid puckering.  
(A finished mat measures 3-by-6 feet.)
- For a tie, crochet 2 rows of single loops to make an 80-inch string.
- Connect the tie to the middle top. This allows the mat to be rolled up for transporting.



To tie rings of plastic into "yarn" . . .

1. Pick up two rings
2. Loop one end through the other
3. Loop end of the second ring through itself
4. Pull until tight
5. Repeat steps adding to first string
6. Roll completed strips into a large ball



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