

Together in Service

Crocheted Sleeping Mats Made from Plarn

Help your neighbor and reduce landfill waste by using plarn. What is it? Plarn is short for plastic yarn. You can crochet plastic bags into portable, lightweight, and water-resistant mats that provide an extra layer of protection for people experiencing homelessness.

Make the Plarn

1. Start by organizing the bags. For a 3' by 6' size plastic yarn mat, you'll need 500-700 grocery bags. Straighten out each bag by pulling at the end and the handles, so that it becomes smooth and flat. Stack up to 4 bags and cut off the plastic bag handles and the bottom of the bag.
2. Now, for a plastic grocery bag that's standard in size and in thickness, cut each bag into 4 rings.
3. Loop these rings together, so that you will have one long plastic chain. Roll the plastic chain into a ball.

Crochet the Mat

4. You'll need a crochet hook size 10 or above. If you get a really large crochet hook, you will find that it's easier to crochet looser, making the mat more cushiony, and making it more comfortable to crochet with the plastic.
5. MAT CROCHET PATTERN: Set-up: ch 42. This is the width of your mat (minus 2 st), and should be approximately 2 1/2 feet-wide.
6. Row 1: sc into the 40th st, and sc all the way across. ch 2. Turn over work. Now, check that your mat is indeed about 2.5 feet wide.
7. Row 2 – 6ft worth of rows: repeat row 1 until your mat is approximately 6 feetlong mat. inches in length.
8. Cast off.

Tips

- If you have thicker plastic bags, cut smaller strips.
- You can use any kind of plastic bag, even from your dry cleaners.
- If designs matter to you, then sort plastic bags right away by color.