

# TURNING MILK BAGS INTO SLEEPING MATS

By: Chandra Kelley

February 2009

## **DOUBLE LAYER**

### INSTRUCTIONS ON PREPARING MILK BAGS

1. Fold the milk bag in half lengthwise. See EXAMPLE #1
2. Fold the milk bag in half again lengthwise. See EXAMPLE #2
3. Cut off the handle end of the bag and discard. See EXAMPLE #3
4. Cut off the bottom of the milk bag and discard. See EXAMPLE #4
5. Cut the milk bag into a) if knitting the mat 1" strips crosswise the bag. See EXAMPLE #5  
b) if crocheting the mat 2" strips crosswise the bag. See EXAMPLE #5
6. Open up each individual strips. See EXAMPLE #6
7. See EXAMPLE #7 for instructions.
8. Start winding Step #7 into a ball.
9. Now start either knitting them or crocheting them into the mats.

CHILD SIZE MAT

30" wide by 48" long

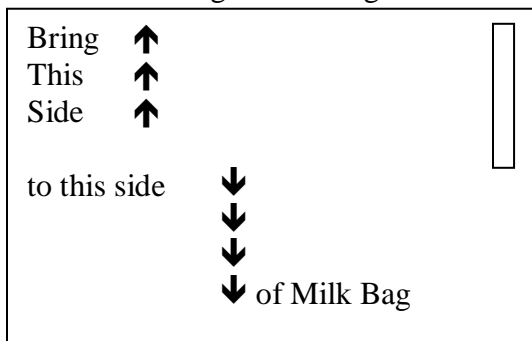
ADULT SIZE MAT

36" wide by 60" long

10. Using the ball of plastic start either knitting or crocheting your mat.

#### EXAMPLE #1

Fold the milk bag in half lengthwise.

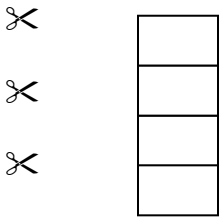




**EXAMPLE #5**

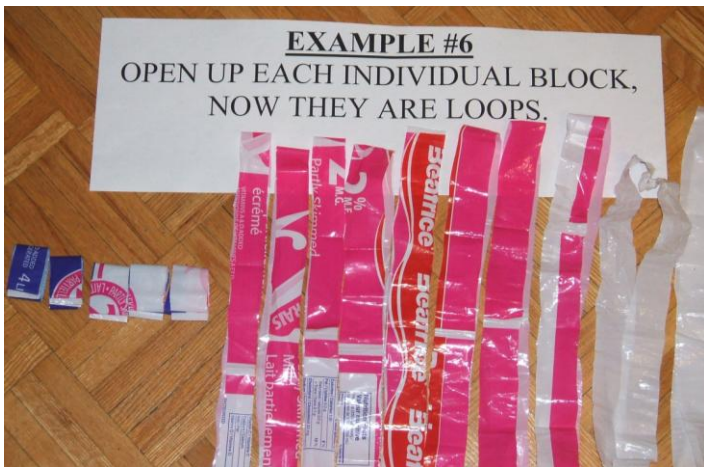
Cut the milk bag into

- a) If knitting the mat 1" strips crosswise the bag
- b) If Crocheting the mat 1" to 2" strips crosswise the bag



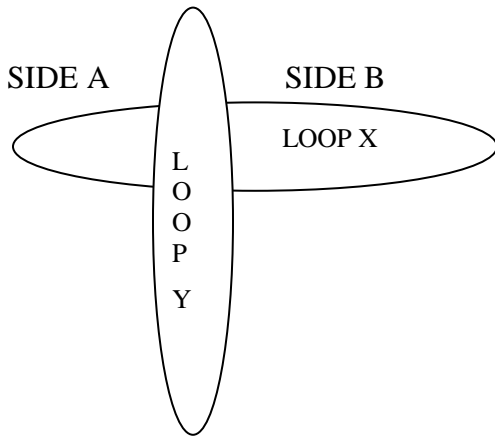
**EXAMPLE #6**

Open up each individual strips



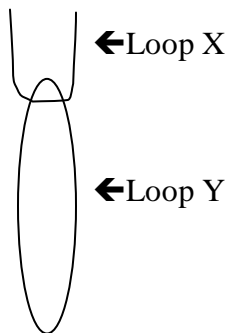
**EXAMPLE #7**

1. Insert Loop X into the top of Loop Y.

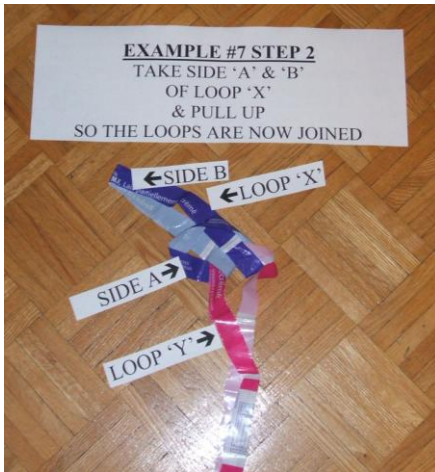


2. Take Loop X – side A & B and pull up.

Side A    Side B of Loop X



3. Insert Side B of Loop X into Side A of Loop X and pull tight.



Now you will have a long string of plastic and start winding that into a ball so you can start either knitting or crocheting.



### **KNITTING INSTRUCTIONS:**

I tried knitting a mat and I found it to be too tough to knit.

### **CROCHETTING SLEEPING MATS INSTRUCTIONS:**

Items required: J crochet hook (6.00 mm) aluminum hook, plastic could break in half

#### **CHILD'S MAT**

Chain on 75 stitches to get 30" in width (or the number of stitches to get the 30" in width), chain 1 more stitch and double crochet into first change and continue to the end of your first row. Single chain 3 stitches, turn and continue back and forth until your mat measures 48" in length.

#### **ADULT'S MAT**

Chain on 90 stitches to get 36" in width (or the number of stitches to get the 36" in width), chain 1 more stitch and double crochet into first change and continue to the end of your first row. Single chain 3 stitches, turn and continue back and forth until your mat measures 60" in length.