How to Crochet a Plastic Mat for Sitting

These mats are made exactly like the sleeping mats but are much smaller. These are used to give extra padding when sitting on very hard surface and also to insulate people when they sit on the ground or a damp surface. Size should be approximately 12 inches by 20 inches. Nursing homes especially like these for use outside on concrete benches.

Step 1: How to Make Plarn

Start with about 10 plastic bags at a time. Straighten out each bag by pulling at the end and the handles, so that it becomes as nice, smooth and flat as the plastic bag in the picture. Cut off the plastic bag handles and the bottom of the bag.
Now, for a plastic grocery bag that's standard in size and in thickness, cut each bag into 4 rings. Loop these rings together, so that you will have one long plastic chain. This long plastic strip is called 'plarn', short for plastic yarn.

Note how the decision to cut each bag into 4 rings is 'just right'. If you make more rings, you'll get a longer but thinner plarn, which takes longer to crochet and creates a mat which is not as cushiony.

Step 2: How to Crochet a SittingMat

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.
Mat Crochet Pattern

Set-up: ch 42. This is the width of your mat (minus 2 st), and should be approximately 20 inches by 12 inches-wide.

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 20 inches wide.
Row 2: ch 2 (this helps keep the edges square), sc in first sc and to end of row. Turn
Rws 3 - ??: repeat row 2 until your mat is approximately 12 inches-wide.
Cast off.