**Homeless Sleeping Mat Crochet Directions:**

I use a size M aluminum hook. (I found mine at Hobby Lobby.) You can use J or larger. Chose the size hook that works best for you, being careful not to pull the plarn too tight or stretch it while working.

Start by chaining 61, turn, then single crochet 60 stitches across for the first row. Chain one, turn, single crochet across in each single crochet of the previous row. (60 single crochet across throughout) Repeat the single crochet rows until the mat is about 5 foot 5 inches.

At this point, you may want to add a strand of regular 4 ply yarn by knotting/attaching it in the first single crochet of the next row. (You will need about a 1/4 to 1/3 of a skein of yarn. So any scrap or leftover yarn from another project will do.) The regular yarn will help strengthen the remainder of the mat for the addition of the tying and carrying straps.

Continue the next 2 rows of single crochet using the plarn and 4 ply yarn combination. You will add in the tying straps in the next row by working 12 single crochet across, chain out 50 from that row of the mat and single crochet back down that chain to the current row, slip stich into that 12th single crochet stitch; continue single crocheting across until the 13th stitch from the end, chain out 50 again and single crochet back down that chain, slip stitch that 13th stitch, then finish that row out with 12 single crochet. (this makes the 2 tying straps).

Add another 6 rows of single crochet. (Remember you will have 60 single crochet across, so you kinda have to work over/around the stitches at the bottom of those tying straps during the first of these 6 rows.)

To form the carrying strap: Chain 55 out from the body of that last row and join with a slip stitch to the opposite side of the same row of the mat; forming a large circle for the carrying strap. Chain one, turn, then single crochet back all the way around that big circle (counts as 1st row of strap), slip stich in your beginning single crochet of this row, chain one, turn. Repeat for another 3 rows around that whole circle to form the carrying strap (4 single crochet rows total for the carrying strap).

Finish it off, tuck in your loose ends by weaving them into the starting row and last row of the mat. Roll the mat from the opposite end, adjust the carrying strap over the ends of the mat so that it lays flat against the rolled up mat. Wrap the tying straps around the mat and over the carrying strap, secure or loop/tie the end of the straps.

Walla…you have a finished mat!