

## Instructions for Crocheting Mats

These instructions assume you already know how to single crochet.

1. To create the first row, using the size Q crochet hook create a 3 foot long chain (approximately 40 stitches).
2. To create the next and all subsequent rows, single crochet the EXACT same number of stitches in your original 3 foot chain.
3. Continue to single crochet the same number of stitches in each row until the mat is 6 feet long.
4. Straps and pillows can also be crocheted. Pillows are stuffed with the scraps of the cut plastic bags.