



“FINDING STRENGTH IN CUTTING UP AND GETTING LOOPY IN THE COMMUNITY”

HOW TO MAKE PLARN

To get started you'll need:
Plastic Bags, Scissors, A Crochet Hook



Step 1. Grab that old plastic bag that may have been balled up and tossed in a drawer. A plastic bag from any store will work.



Step 6. Cut 1 in. slices horizontally in the remaining piece of the bag. You may cut thicker or thinner slices. Thicker slices make thicker plarn and thinner slices yield more delicate plarn.



Step 2. Smooth your bag and fold it in half vertically over and over until you get a smaller strip.



Step 7. Cut 1 in. slices horizontally in the remaining piece of the bag. You may cut thicker or thinner slices. Thicker slices make thicker plarn and thinner slices yield more delicate plarn.



Step 3. Cut the top handles off of the bag and the bottom seam off of the bag. Those two pieces may be discarded or recycled for another project.



Step 8. Wrap the strands of connected loops into a ball. Once you've gotten to the end of the ball, you're ready to begin. Create a slip knot at the end of your plarn ball.



Step 4. Cut 1 in. slices horizontally in the remaining piece of the bag. You may cut thicker or thinner slices. Thicker slices make thicker plarn and thinner slices yield more delicate plarn.



Step 9. Using a chain stitch begin making the chain and following your pattern to crochet (or knit, weave etc.)

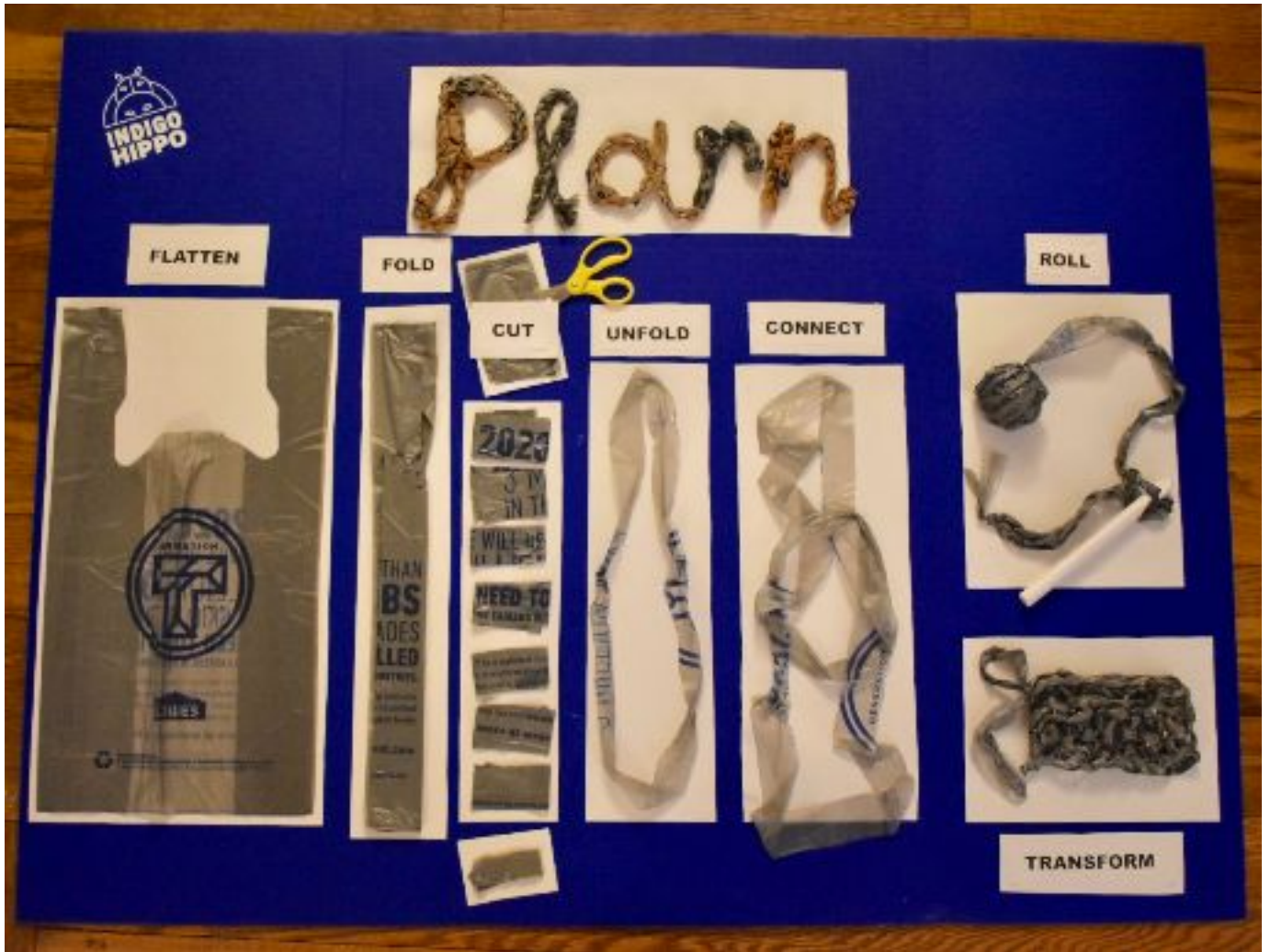


Step 5. Unfold the plastic bag slices carefully and you will find loops. Using two loops, place one loop end underneath the other loop's end.



Step 10. Enjoy using your plarn object and explore other ways you use plarn to make projects for your everyday life.

Plarn Quick Reference Guide



Patterns and Vocabulary

“Indigo Hippo Creative Reuse Lesson Blueprint”

Lesson Title: “Finding Strength in Cutting Up and Getting Loopy in the Community”

Instructors: Adoria Maxberry, Karri Durham, Samantha Lakamp, and Taylor Satterthwaite

Vocabulary and Key Terms

- **Plarn**- plastic bags, cut into strands and interlocked to form plastic yarn
- **Crochet**- a handicraft in which yarn is made up into a patterned fabric by looping yarn with a hooked needle
- **Slipknot**- the knot formed when beginning a crochet chain where you create a loop with the yarn material, and holding the loop, you wrap yarn around the needle and draw it through the loop. Pulling the end tight, a looped knot should form around the crochet needle.
- **Chain** stitch-the process of creating a chain by drawing yarn through the slip knot after yarning over. The foundation for a majority of your stitched products.
- **Single Crochet (SC)**- a loop of thread or yarn resulting from a single pass or movement of the needle in sewing, knitting, or crocheting.
- **Yarn Over (YO)**- the process of wrapping the yarn over the hook once. Used when creating advanced stitches.
- **Half-Double Crochet (HDC)**- The stitch that involves yarning over once and placing the hook into the stitch where you want to place the HDC stitch, next Yarn over again Pull the yarn through the loop just created on your hook. There should be three loops on the hook. Yarn over and pull through all three.
- **Double Crochet (DC)**- The stitch that involves yarning over once and placing the hook into the stitch where you want to place the DC stitch, next Yarn over again Pull the yarn through the loop just created on your hook. There should be three loops on the hook. Yarn over and pull through two. Yarn over and pull the yarn through the last two loops on your hook. This will leave one loop on the hook at the end of this step.

Basic "Plarn" Tote Pattern

Gauge: About 3 sc= 1"

Finished Size: 14" across, 14" high, 8" rise on handles

With size "K" crochet hook and plarn, Ch 41.

Pattern:

- Round 1: Sc in 2nd ch from hook and in each ch across. Do not turn, sc in each unworked loop of ch. (40 sc)
- Round 2: Sc in first sc of previous. Mark as first sc. Sc in each sc around.
- *Repeat Round 2 (44) times.*
- Work Handles:
 - On next round: Sc in next 14 sc. *Ch 40. Skip next 12 sc. Sc in next 2 sc. Turn, skip next 2 sc, sc in each of 40 ch and next 2 sc. (Turn, sc in 3rd sc from hook, in next 39 sc of handle, and in next 2 sc of tote) 3 times*, sc in next 22 sc of tote, repeat between **, sc in next 6 sc of tote, sl st in next 2 sc, tie off.
- Weave in ends.



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Box-Bottom Grocery Tote Pattern

Materials Needed: Size "K" crochet hook, plarn

Gauge: About 3 sc= 1"

Finished Size: 19" across, 19" high, with 9" rise on handles

With size "K" crochet hook and plarn, Ch 45.

Pattern:

Round 1: Sc in 2nd ch from hook. Mark stitch. Sc to end. Mark last stitch. Do not turn, crochet in unworked loops of ch. Work 2 sc in first ch, mark stitches. Sc to end with 2 sc in last ch.

Round 2: Sc in first sc of previous round. Mark as first sc. 1 sc in each sc around.

Repeat Round 2 (11) times.

Round 14: Sc in first 43 sc. *Insert hook around marked stitch of Round 1, YO, pull up a loop. Insert hook into next sc, YO, pull up a loop, YO, draw through all loops on hook.* Repeat between ** two times more. Sc in next 43 stitches. Repeat between ** three times. You will have to work in the first stitch of the round.

Round 15: Sc in next sc. Mark previous stitch as first stitch of round, and consider it the first stitch throughout.

Round 16: Sc in each sc around.

Repeat Round 16 until tote measures 19" from beginning.

For Handles:

Sc in next 16 sc. *Ch 35. Skip next 14 sc. Sc in next 2 sc. Turn, skip next 2 sc, sc in each of 35 ch and next 2 sc. (Turn, sc in 3rd ch from hook and next 36 sc) two times.* Turn, sc in 3rd sc from hook and next 61 sc. Repeat between **. Turn, sc in 3rd sc from hook and next 35 sc. Slip stitch in next 3 sc. Tie off and weave in ends.

By: Kayla Kramer from kaylaksthiftyways.com



Plastic Sleeping Mat Crochet Pattern

Materials: Size 10 crochet hook, Plarn

Set-up: ch 42. This is the width of your mat (minus 2 st), and should be approximately 2 1/2 feet-wide.

Pattern:

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.

Row 2 – ? : repeat row 1 until your mat is approximately 6 feet-long mat. inches in length.

Cast off.

How to make a Strap for your Sleeping Mat:

Make a 6-foot chain. Single crochet down the entire length of the chain. Put the two ends together (no twists!) and join. Fasten off.



By ROSE FINE CRAFTS

Project & image credit: Dawn Warmbold