

BRAIDING MATS

Videos:

[How to braid mats](#)

How to steps to make braided/weaved mats:

First: get some grocery bags and flatten them down.

Second: cut about 4 or 5 at a time and you will cut the bottoms and tops off (take the cut off pieces back to the grocery store for recycling). You will now have 4 to 5 loops.

(Tip: You can cut several plastic bags so that you don't have to stop braiding and cut more.

Third: you will want to take two of the cut off bags and loop them together to make a knot in the middle, you will repeat this with two other bags. You then can tie the middles together or start the braiding without tying the middles.

Fourth: you will now want to learn how to braid a four-stranded braid. If you have four different colored bags than learning will be a lot easier. If you do not have four different colors, you can mark the top of the bags with a different color so you can tell the difference. You will have four strands of plastic, to learn the braid we will have the colors white on the left, green middle left, red middle right, and black right.

- The black strand will go **under** the red
- The black strand strand will go **over** the green
- The black strand will go **under** the white
- You will then turn the black around and make it go **over** the white
- The black strand will then go **under** the green
- And then the black strand will go **over** the red, you will turn the black around and repeat the steps.

You will repeat this until you have the desired width for the mat, this will be about 3 to 4 feet.

(Tip: You will run out of length for each bag, so you will want to loop another bag to each short bag when the bags get short and tighten the knot.

Fifth: once you are done with the width you will want to do a normal three strand braid three times, this will leave one strand out. Once that is done you will turn the braid around so the lonely braid is closest to the long four strand braid you were using. You will then start braiding again. Over, Under, Over, Under, Over, Under, once you are back at the four strand braid you will find the closest gap and you will tuck the strand through there, you will then braid again: Over, Under, Over, Under, Over, Under, tuck, Over, Under, Over, Under, Over, Under, tuck.....and so on until you get to the end of the width that you have. You will then do the three strand braid and turn it again. You will repeat this until you get the length that you desire, usually 6 feet to 6.5 feet are perfect. At the end you will tie it off by tucking it into a braid and making a knot.