



Quilted Sleeping Mats

(Pattern created by members of the Highlands Ranch, CO Peace Pod. Special thanks to Darlene Danyo for transcribing the pattern!)

These mats were designed for AIDS orphans in Swaziland who sleep on dirt floors. We were originally asked in 2012 to provide our knit or crocheted rectangular shawls to serve this purpose. As the requests continued to grow in subsequent years, some of our knitters who also quilt suggested a warmer, more effective floor covering: a quilted one!

The quilters created a prototype that we sent to Swaziland for evaluation. The process took 6 months! It is a policy of Knitting4Peace that we never introduce a new item unless it is requested by those we serve. When the Swazi elders approved this pattern, they requested 600 sleeping mats in their initial order, telling us there are thousands more who also need them.

The creative problem-solvers in the Highlands Ranch, CO Peace Pod created a pattern that satisfies the Swazi's and also incorporates an element of 3, honoring our founding mission and commitments (for an explanation of why this is important, please visit our Website Homepage and read our Mission Statement: www.knitting4peace.org)

Quilt size: Individual squares are 6" x 6".
Completed quilt is 6 squares wide and 12 squares long and measures approximately 33 x 66 inches; about 1/2" thick.

Materials:

Fabric top: Can be made from any 6" x 6" squares. 100% cotton is easier to work with, sews well, and washes well. Flannel could also be used.

Backing: Can be made of chambray or any sturdy fabric – about 2 yards are required with 36" being the smallest width.

Binding: Need approximately 18 feet of purchased binding, or use excess material from the backing material to make several strips 2 7/8 inch wide sewn together to make the binding.

Batting: A piece of batting approximately 36x70 is needed, slightly larger than the completed quilt top. Some quilters recommend Mountain Mist all cotton 1/4 loft, 2 layers thick, but feel free to use any lightweight batting that will produce a completed mat about 1/2" thick.

Instructions:

Design your quilt with 6 inch squares. Layout squares in 6 x 12 pattern.

Note: To emphasize the “Three Concept” we used three, 11 1/2 inch squares of a singular color incorporated into the pattern. When you do this, it looks nice, but it is more difficult to sew.

Sew the 6 inch squares with 1/4 inch seams. Press as you go.

To make the quilt lay flat, press top row seams to the right, the second row seams to the left, the third row to the right, etc. When the rows of the quilt are sewn together the two seams will lay flat (each going in a different direction)
Pressing is as important as sewing!!

Lay out the quilt backing FACE DOWN.

Lay the batting over the quilt back.

Lay the quilt top FACE UP. Make sure the layers are laying flat and there are no wrinkles.

Pin or hand baste the three layers together.

Stitch the quilting on the top...We usually “stitch in the ditch” or “sew on the seam line”. Other quilting is optional. We chose NOT to tie the quilt so the little kiddos will not have to lay their face on a knot!

Cut away excess material around the quilt top.

If you are making your own binding, iron binding in half, then bring raw edges to the middle and iron again. This will make it easier to bring around to the front and sew it down.

Sew binding on WRONG side of quilt (quilt back) with RIGHT sides together. Bring binding around to the front and sew it down.

As you prepare your sleeping mat for shipment to us,
please take a moment to imagine the child who will sleep with it. Offer your thoughts or prayers of love and compassion, adding your intentions that your mat will provide warmth, healing and hope for the child who receives it.
Your compassion & love are as important as the work of your hands.

Send your completed mat (along with your name & e-mail address so we can acknowledge receipt) to:

Knitting4Peace
2600 Leyden Street, Denver, CO 80207

Special note: shipping these mats is especially expensive because of their size and weight. If you are able, please consider enclosing \$1 with each mat to help. Thank you.