

# How to Make a Green Zone Mat



Described by Joel's wife, Elaine.

# Some notes before starting



This isn't a true how-to lesson because my wife made the mat several years ago, and explains here how she did it but isn't providing a real-time step-by-step guide.

This project assumes some very basic knowledge of measuring and sewing.

# Making a Green Zone Mat

## Materials:

2  $\frac{1}{4}$  yards of 45"-wide dark color quilted backing

1  $\frac{1}{4}$  yard of 45"-wide yellow cotton or cotton-poly blend

1  $\frac{1}{4}$  yard of 45"-wide blue cotton or cotton-poly blend

1  $\frac{3}{4}$  yards of 45"-wide green cotton-poly blend

Enough of two different colors of felt to make 24x5" circles each of a darker green and a "Bright Green"

Enough iron-on self-sticking interfacing for 24x5" circles and to reinforce a roll-up strap if you want to make one

Shoelace or cord for drawstring

A little Velcro for the roll-up strap if you want to make one

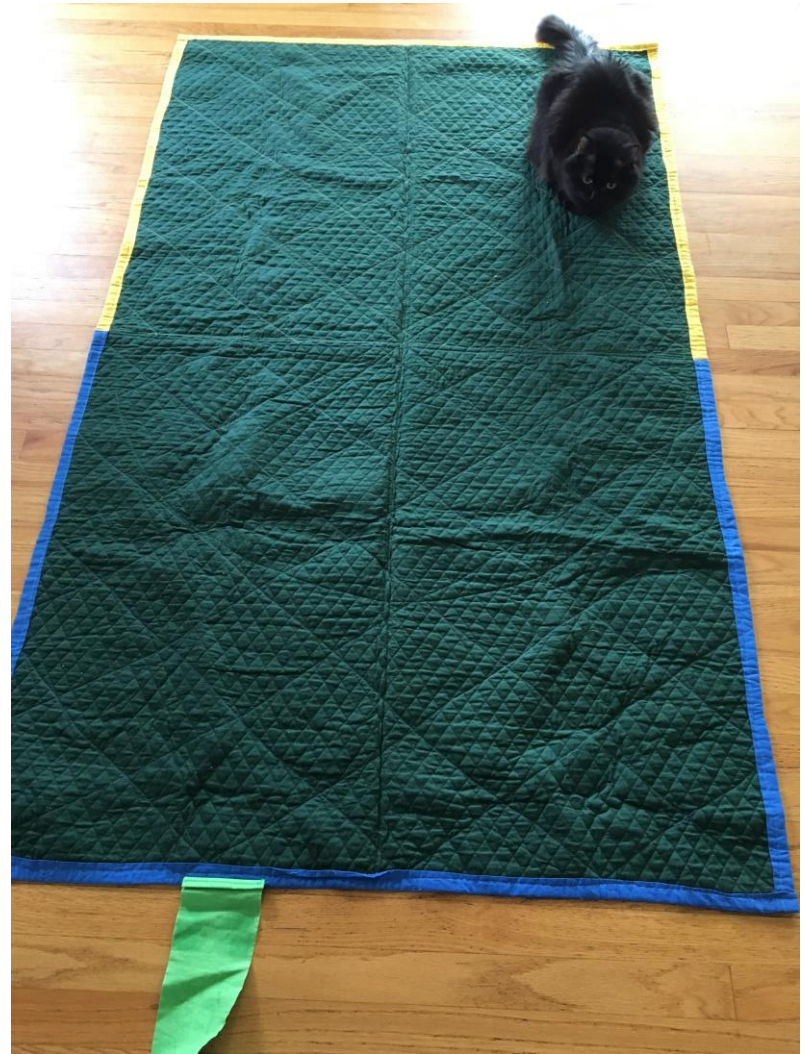
Various color thread if you want to match or contrast. Or just use white or green throughout.

Here is what  
it looks like  
at the end



# Steps

1. With right sides of blue and yellow fabric together, sew along one 45" width. Iron the seam open and flat.
2. Place the blue/yellow piece, right-side up, on top of the quilted backing and pin it liberally from the center outward so that the fabrics are securely placed together and the whole thing can be flipped over. This photo shows it flipped over.



# Steps

3. Once flipped, turn the yellow/blue over the edges of the backing and turn under again. Pin or hand-baste in place. Sew this hem all the way around to create a double-folded hem (to prevent raveling or fraying).



# Steps

4. Using chalk (or light pencil) and a yardstick, draw a diagonal line straight out from one corner.

Then offset that line 6" repeatedly in each direction from the first line. Sew along the lines until the mat is covered.

Do the same from the opposite corner to create diamond-shape stitching to hold all the fabric together.



# Steps

5. Create a paper pattern for a 21" radius/42" diameter circle and cut it out.

Working from one end of the green fabric, use chalk to outline the circle, then cut it out of the green fabric. Leave as much remaining green fabric as possible for other uses (pouch and strap explained below).

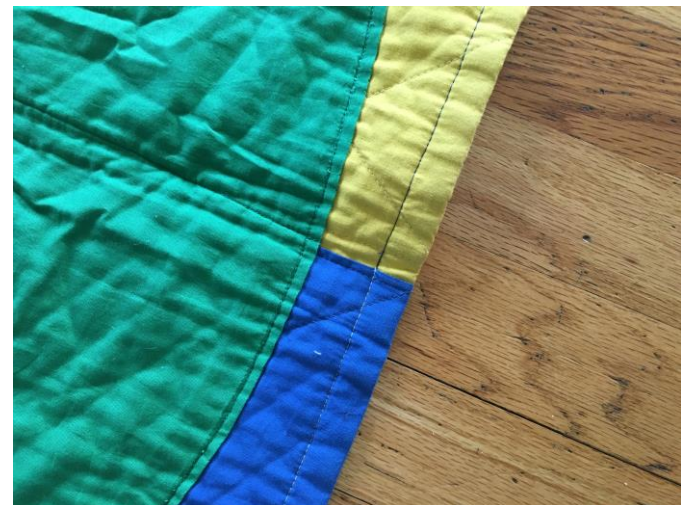
Single- or double-hem the circle, aiming for a roughly 40" diameter finished circle.





# Steps

6. Center the hemmed circle on the larger piece, and pin it down all over. Using the diagonal stitching on the blue-yellow piece as a guide, top-stitch the circle to the larger piece. Then also sew around the perimeter of the circle as well. This finishes the mat part of the project.



# Steps

7. If you have remaining green fabric, cut out a 20"x12" rectangle. Along the 20" side, double-fold to 1 ½" and sew across to form the draw-string channel. Fold the fabric in half with right sides together and the channel at the top, and sew the sides to make a pouch (without sewing the channel closed).



Turn this right-side out and push a shoelace through the channel to make the drawstring.



# Steps

8. Cut out 24 green and 24 bright green felt circles, using a bowl as a pattern. Cut 24 interfacing circles. Sandwich and iron together 12 green pairs and 12 bright green pairs. You can sew these as well because kids may pull them apart.

The two layers with interfacing just makes them a little heavier.



# Steps

Keep these circles in the drawstring pouch, along with the Green Zone conversation cards.



# Steps

10. If you have enough green fabric and interfacing remaining you can also make a strap with Velcro to roll up the mat (pouch inside) and hold it all together like a sleeping bag.

This strap began at 24" long x 6" wide. It was folded over and hemmed, with interfacing inside, to a finished size of about 2.75" wide.

Sew the Velcro to the strap, then sew the strap on the mat, or keep it separate.



# Good luck with your project!

