

# Simple Dreamcatcher

Age: 4-8   Group size: 4-15

Duration: 25 mins



Preparation time: 30 mins

## Resources

- Paper plates
- Felt pens
- scissors
- Wool, string, yarn, roughly cut into lengths of 50cms
- Coloured feathers
- Paper strips (magazine pages cut about 2cms - 4cms wide)
- Glue sticks



## Dreamcatchers

*The dreamcatcher is a tradition of a native American Indian tribe called the Chippewa. It looks like a spider's web. If hung at the head of the bed, the dreamcatcher is said to trap bad dreams but filter good dreams through a hole in the centre. The good dream drips down through the web, onto a feather and then onto the sleeping person below. In the morning, the light from the sun*

*makes the bad dreams vanish.*

## Preparation

Cut the rims off the paper plates and then tape the cut ends together to make a circle. For older/more able children the inner rim of the plate may be used as well, to save waste. Punch holes around the frame at an interval of about 5cms.



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Each child will need a frame, feather and 2 paper strips. Each group needs pencils, felt pens, scissors and a glue stick.

## Activity

Decorate the frame using the pens, a repeating pattern looks effective.

Next, choose a piece of wool and thread it through a hole.

At this point the end of the wool can be taped to the back of the plate or tied in a knot to secure it.

Randomly thread the wool in and out of holes around the frame. When the wool runs out either

cut off and tape behind or tie a knot around the frame.

Weave in more wool using the holes or weaving in and out of the existing threads. Leave a hole in the middle. Decide where the top of the dreamcatcher is and tie a loop of wool to hang it from.

Make the beads by wrapping a strip of paper around a pencil then gluing the end down and sliding off.

Make 2 beads. Tie a piece of wool to the bottom of the frame. Thread the 2 beads onto one end of it and tie a knot at the back. Push the feather quill up into the beads.

