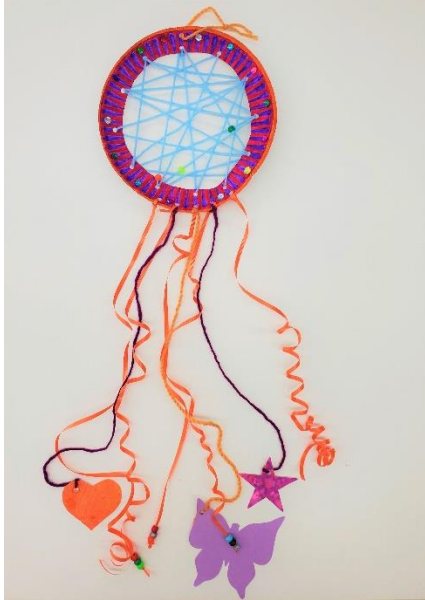


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Dream Catcher Activity Sheet



Dream catchers were created by an indigenous group of people living in North America called the Ojibwa. A dream catcher is hung above someone's bed while they sleep. During the night, bad dreams get trapped in the web so they are unable to reach the dreamer. This adaptable craft activity allows you to use a multitude of materials that you may have laying around your home.

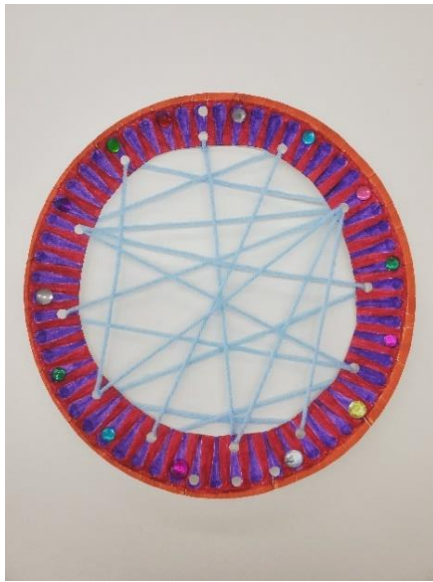
Supplies

- Paper Plate
- Scissors
- Hole Punch
- Yarn and/or String and/or Ribbon
- Beads and/or Gems
- Markers
- Glue
- Construction Paper

Directions



1. Gather your supplies. This activity can be used with a variety of materials. So, be creative!
2. Begin by cutting the center out of the paper plate with scissors to create a ring.
3. Color the paper ring with markers and glue on any extra decorations you have.
4. Use the hole punch to punch holes around the circumference of the ring.
Add an extra one at the top for hanging, and three or more at the bottom for the tails.



5. Begin to weave the yarn or string through the holes in a random pattern.
(Optional: Add beads into the weaving for extra detail.)
6. Use the yarn, ribbon or string to create tails for the dream catcher by knotting them into the bottom three holes. Tie a small looped piece of at the top for a hanger.
7. Use the construction paper to create shapes and cut outs for the tail decorations.

