Dream Catcher

The message of a Dream Catcher: The dream catcher is meant to attract dreams to its webs. The folklore says that when bad dreams come, they do not know how to get through the webbing, so they get caught... and the first light of the day causes them to melt away. The good dreams don't get caught and they slide down the down the feather to the sleeper below (that’s you!).

This project takes about 30 minutes to do, and will give you a chance to talk to a trusted friend or adult about your dreams – whether they’re good or bad (and we all have both). Even though dreams are not real, we know that the feelings you have ARE real. Talking with someone special can help some of these scary feelings go away.

Here’s what you need:

- 1 Paper Plate
- 4 foot Piece of Yarn
- Single Hole Puncher
- Scissors
- Beads, Feathers, Stickers, Jewels
- Glue
- Markers

Here’s what to do:

1. Take your paper plate and cut the center out so there is a 2” rim left
2. Punch single holes every ½ inch around the entire circle
3. Take a 4 foot piece of yarn and tie one end to the top hole in the plate. Then begin stringing back and forth across the center hole. Make sure there are many overlaps, that each hole is used at least once, and that the entire center of the plate has a web-like look to it.
4. Feel free to string beads every so often as you are weaving. When you’re done, tie a knot at the end of the yarn and secure it to one of the holes.
5. Punch 3 holes at the bottom of the plate so you can tie some beads or feathers to hang down from it.
6. Use markers to decorate your Dream Catcher.
7. Punch one hole at the top so you can place a loop of string to hang it from.
8. Hang this over your bed or in your locker, in the car – or wherever you’d like to.

We wish you sweet dreams!