

## Dream catcher

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### Things you will need



- Bandy wood or thick grass/rush to make your hoop – the longer, the better
- String or wool
- Scissors
- Feathers
- Leaves
- flowers
- pine cones
- Anything you can collect on a walk locally.

1. Shape your wood into a circle.  
If using grass or rushes, use 4-5 strands to make it stronger.  
Twists the ends together to allow it to hold its shape.



- 2 Take a good length of string or wool (2m) and secure one end to the outside of your hoop.  
Wrap the rest of the string into a small ball to stop it getting tangled

- 3 Start by threading your string around the outside of the hoop, loop it over itself pull tight. Continue at intervals around the hoop.

- 4 Next, work around the inner circle formed from the string, to give a spider's web appearance.



5. Keep going until you get to the middle of the dream catcher. Tie off the string, leaving a long end to attach your centre piece to.

6. Tie your treasures to separate lengths of string and attach these to the outside of your hoop



7. Finally, attach a loop of string to the top of your hoop so you can hang it over your bed to catch the dreams.