



Activity 49

Spiritual Development:

Dream Catcher

To promote positive thoughts and feelings.

You will need – Plastic, cardboard circle or embroidery hoop, wool, string, selection of beads, feathers and scissors.

Activity – Dream catchers are beautiful things and can remind us of many things. We designed our dream catchers to promote positive things and happy thoughts. First of all cover your circle with wool of your choice by wrapping it around the entire circle. Then start to weave and thread the wool/string into a pattern across the circle. There is no right or wrong way to do this so just get creative! As you are weaving your thread add beads to your dream catcher. We added words on ours that would remind us about positive thoughts e.g. fun, friends, family, laughter, smiles and sunshine. Once you have made the main part of your dream catcher add 3 strings to hang from the bottom with beads and feathers attached. Add a loop to the top of your dream catcher to enable you to hang it up. Your dream catcher is ready for you to enjoy!

