

# WILD DREAM CATCHERS

SUITABLE FOR ALL AGES, INDEPENDENTLY OR PART OF A GROUP

## YOU WILL NEED

- ✓ A piece of cardboard cut into a circular hoop
- ✓ Wool / ribbon or garden twine
- ✓ Leaves, pine cones, feathers, twigs, pebbles, petals
- ✓ Hole punch
- ✓ Beads / buttons (not essential)

## WILD ADVICE

For lots of children bedtime and sleeping can become a scary place and a time where worry comes to visit. Making this wild dream catcher can be both fun and functional! For children scary thoughts can grow at bedtime and dreams can be terrifying for them. Dream catchers have been used for hundreds of years to help children sleep, originating back to North America – the concept behind them is that the dream catcher filters out negative or harmful thoughts and dreams and only lets the good thoughts through. When the sun rises all the bad dreams disappear. For the full story on dream catchers search 'Ojibwe Dream Catchers'.

## GETTING STARTED

Explore outside together to collect natural materials for your dream catcher, encourage your child to take the lead with this and make choices about what they would like to include.

- ✓ You can use an embroidery hoop, cut your own circle from cardboard or weave your own circle from young hazel, willow or even dried wheat. If making from cardboard you could paint it any colour you wish!
- ✓ Using the hoop, wrap the twine or ribbon across the middle of the circle, working your way round and creating a web effect.
- ✓ Attach tails to the bottom of your hoop and a loop to suspend the dream catcher from.
- ✓ Decorate with feathers, beads, leaves, petals, pine cones.

## EXTENSION

*[Anger & excitement]*

Normalize fear with your child, share your experience of feeling frightened or anxious and worried and reassure them it is ok to have those feelings. Explore any changes in a child's life that may be contributing to their feelings of fear.

Get really curious about the choices they make when selecting resources for their dream catcher as it can demonstrate so much about how they are feeling. Ask them about their chosen colours and objects – their responses may open up a bigger conversation.

Have fun together, your child doesn't care about creating something perfect, it is more important to them that they are spending time connecting with you.

